

# Wellbeing Challenges

## Week 5

Create a timetable/routine that will help you stay focused and motivated this week, include lessons & exercise as part of your daily routine.

Having a routine can help boost energy levels and decrease stress levels.

Give your wellbeing a boost by spending some time outdoors.

Exposure to sunlight is thought to increase the brain's release of a hormone called serotonin. Serotonin is associated with boosting mood and helping a person feel calm and focused.

Thank someone you are grateful to and tell them why.

Being thankful and expressing it to others is good for our health & happiness.

Do an act of kindness to make life easier for someone else.

Acts of kindness make the world a happier place

Switch off technology and have an early night and hopefully a good night sleep.

Remember good quality sleep reduces stress, improves your memory, strengthens your immune system, and improves your mood and focus.

Make positive comments to as many people as possible today.

This will help you feel positive and give a boost all those around you.

Smile at the people you are with to try and brighten their day.

Smiling releases endorphins and serotonin that elevate our mood and the person you smile at hopefully will smile back to you, helping them to feel better.

Friday 12<sup>th</sup> February is our whole school Wellbeing Afternoon, you will be sent lots of non-screen ideas for activities to give you a Friday wellbeing boost 😊