

# Wellbeing Challenges

## Week 6

*As we return to lessons following the half-term break, please take part in these daily challenges to help boost your wellbeing.*

Create a new timetable/routine that will help you stay focused at the start of this new term. Remember to include lessons, exercise, meals, breaks & a good night's sleep.

*Remember having a routine can help boost your energy levels and decrease stress levels.*

Write down 3 things you are grateful for.

Write down what you are looking forward to this term.

Make time to relax and focus on some breathing exercises such as 'square breathing', inhale for 4 secs, hold for 4 secs, exhale for 4 secs, rest for 4 secs, repeat.



Write or find a positive quote to inspire others and share with your tutor group.

Make your own self-soothe box to help you manage times when you are feeling anxious.

<https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>

Do something that makes you smile and laugh

Watch a funny film, share a joke or funny story, make time for fun activities

