

Weekly Wellbeing Challenge for Students

Optional Fun activities

Physical Wellbeing	Emotional Wellbeing	Social Wellbeing	Cognitive Wellbeing	Mental Wellbeing
Design your own exercise routine to participate in at home with your family.	Turn off devices (iPads, TV) for at least 3 hours after school.	Ask your parents if you can Call/Skype or FaceTime a friend or family member and talk about your interests.	Close your eyes and listen to meditation music to relax your mind.	Participate in a yoga workout. E.g. Cosmic Yoga on YouTube, or Pilates.
Complete an online workout for at least 30 minutes. Some examples are Just Dance, YouTube fitness videos, Cosmic Kids, and Go Noodle.	Draw or write about what helps you calm down when you are feeling upset.	Do something for a family member. e.g. cook a meal, tidy the house, wash the dishes, take the washing off the line or see if Mum needs help with anything.	Learn a new skill such as juggling, cooking, and dancing, knitting or playing an instrument. Record yourself practising this skill and post it onto Seesaw.	Spend at least 30 minutes connecting with nature by sitting outside and listening to the birds or looking at the clouds. What shapes do the clouds make?
Ask your family if they will go for a walk with you. You could take your pet or teddy too!	Write a list of things you are grateful for. Share it with your families. E.g. I am grateful that my Mum cooks me food so that I can stay healthy and strong.	Play a board game with your family members.	Make a find-a-word using 10 sight words. Ask a family member to find the words.	Think about someone you really like and respect - Write a list of reasons why you respect them. E.g. I really respect my older sister because she works very hard at high school and also helps mum around the house.
Create your own game to play with your family. Be creative with your objects E.g scrunch up newspaper to make a ball.	Watch your favourite show/movie. Write down how it made you feel.	Write a letter to someone in your class and post it on Seesaw, so your teacher can send it to them. 😊	Read a book or listen to a relaxing song.	Write a list of your strengths (things you are good at) and future goals (something you want to work towards). E.g. I am good at trying new things but would to be more determined when something is tricky.