**January Wellbeing Challenge**

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| **Sat** | **Sun** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** |
| 11th  Get a 10-minute walk or run. Get out in the fresh air | 12th  Read or colour. Take time to relax in a quiet space | 13th  Give yourself 2 small goals to achieve this week | 14th  List 5 things you are grateful for. | 15th  Make or help to make a meal for our family | 16th  Do something kind for three people | 17th  Take some time to sit and relax with my family |
| 18th  Play a new game outside in the fresh air | 19th  Do something you enjoy doing  Example: Board Game | 20th  Take 10 minutes doing something outdoors after school | 21st  Help your brother/sister/friend with their homework | 22nd  Make an effort to chat to someone new | 23rd  Invite someone to play who has no one to play with | 24th  Dance or Sing or Read! Do something that makes you smile from ear to ear |
| 25th  Listen to the sounds of nature | 26th  Do something that brings a smile to one of your family | 27th  Do one thing that you have been putting off | 28th  Spend 30 minutes reading a good book | 29th  Take a break from social media for one evening | 30th  Count your blessings. List 5 kind things others have done for you this week | 31st  Take 10 minutes quiet time |