**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 | 14thList 5 things you are grateful for. | 15thMake 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 | 19thDo something you enjoy doingExample: Board Game  | 20th Take 10 minutes doing something outdoors after school  | 21stHelp 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 |
| 25thListen to the sounds of nature | 26th Do something that brings a smile to one of your family | 27thDo 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 |