

14 DAY

WELLBEING

CHALLENGE

14 ways to drive positive wellbeing for your children in 14 days – Tick them off as you complete them!

DAY 1

Create a positive affirmation paper chain - Cut up strips of paper, make them colourful and add a positive affirmation message on each strip. Then link them together to make a chain. Display the chain in your window to make others feel positive too

DAY 2

Get **creative!** Draw a picture, write a short story or make something crafty out of your home recycling items, such as boxes and cartons

DAY 3

Write down one thing that has made you **happy** today and one thing that you are looking forward to

DAY 4

Close your eyes and focus on your breath - **Breathe** in for four and out for four

DAY 5

Move your mood! Challenge yourself to hop on one leg for 30 seconds, then swap to the other leg!

DAY 6

Create a personality puzzle! Give members of your family a blank puzzle piece made out of paper or cardboard, and ask them to **write** one of their strengths. Piece them together to show just how incredible your family is when you work together

DAY 7

Read or listen to your favourite audio book

DAY 8

Wear something that makes you feel happy. This could be your favourite top, a fancy dress costume or something colourful

DAY 9

Look outside your window. Write down as many different sounds that you can hear

DAY 10

Check in on those who you can't be with at this time. Send them a letter, a picture or video call

DAY 11

Rest! Watch a TV show, listen to songs that make you happy or go to bed a little bit earlier

DAY 12

Take a 20 minute **break** from technology every day

DAY 13

Surprise members of your family with positive messages hidden around the house for them to find

DAY 14

Stretch from top to toe!



A Million & Me



BBC Children in Need

