

WELLBEING CHALLENGE GRID

PHYSICAL WELLBEING	SOCIAL WELLBEING	EMOTIONAL WELLBEING	COGNITIVE WELLBEING
Complete 30 minutes of incidental physical activity (everyday activities like vacuuming, taking the bins out, tidying your bedroom)	Call, Skype or Zoom another member of your family along with your parent/carer. Try and talk about anything BUT COVID-19.	Write down 3 things you are thankful for each day of the week. Think about sharing these with people in your family when you sit down for a meal.	Complete a mindfulness colouring in sheet or a guided meditation on SmilingMind. The link can be found on the SGPS Wellbeing Hub.
Participate in a virtual workout for at least 3 days in the week. This might be Just Dance, Go Noodle or a Youtube fitness video.	Have a board game night this week with members of your family.	Turn off all devices for at least 5 hours (after school time).	Learn a new skill such as juggling, cooking, breakdancing or knitting!
Create your own game to play with members of your family. Be creative with what equipment you use eg. Wrap up some socks to make a ball.	Write a letter or email to someone you haven't seen since school went online. Let them know what kinds of things you have been doing and what you are looking forward to doing when you see them next.	Do some kind of self care activity eg. Watching the sunset, painting, having a bubble bath, gardening.	Do a Jigsaw puzzle, Sudoku or crossword. If you need some help, ask a sibling or a parent to give you a hand.
Design a workout circuit with at least 5 activities. You will do these activities for 1 minute per station and rotate through the circuit 3 times. Bonus points if	Cook a meal with a parent/carer. See how many different kinds of healthy ingredients you can include in your meal.	Tidy your room/desk. They say that a tidy space leads to a tidy mind.	Create a crossword puzzle about different objects in your house. See if your family can guess the words from your clues.

you can get a family member to join you.			
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