

## Wellbeing Challenge for K-2 Students

**Each box is worth 50 points – Your aim is to complete 150 points from at least 3 columns per day. That means choose 3 activities per week from 3 different columns.**

Physical Wellbeing	Emotional Wellbeing	Social Wellbeing	Cognitive Wellbeing	Spiritual Wellbeing
<p>Draw an obstacle course on your driveway using chalk (Draw things like swamps , volcanoes. bridges *Bonus 10 points if you get your family to do it with you</p>	<p>Turn off all devices for at least 5 hours. Instead try these activities Build a fort/cubby house Indoor games, like board games lego or puzzles</p>	<p>Call, Skype or FaceTime a family member, like grandparents, an aunt or uncle or cousin, even a friend from school</p>	<p>Complete a mindfulness guided meditation.  You can find these on Smiling Mind.</p>	<p>Practice things like meditation and relaxation to give your body a sense of calm. Visit smiling Mind or Calm.com</p>
<p>Help out for 30 minutes with some household chores – Vacuuming, dusting, sorting the laundry</p>	<p>Participate in a self-care activity e.g. going to bed early, painting, singing/dancing to music or having a bubble bath.</p>	<p>Do something for a family member e.g. cook a meal, tidy part of the house, offer to mow the lawn/ get the washing off the line/ wash your pet)</p>	<p>Create your own emojis Record how you are feeling each day using your emojis. Think about the things that make you happy and do more of them.</p>	<p>Spend at least 30 minutes outside connecting with nature plant some seeds, listen to some birdsong or do some weeding</p>
<p>Target practice – Draw circles on the ground in varying positions. Give each circle a different number. Fill a bucket with water balloons or torpedoes and aim at the circles. Add up your points</p>	<p>Look at home videos or photo albums and talk about what happened in the photos Make a photo collage</p>	<p>Draw/write messages on your driveway or the footpath to make others smile as they walk past your house</p>	<p>Do a scavenger Hunt. Take turns to hide things around the house and leave clues for someone to follow and find them</p>	<p>Make a nature walk collection bag. Create a list of things to look on your walk (e.g orange leaf, feather, pink flower) and put them in your nature bag Create a nature collage when you get home</p>
<p>Take your pet, teddy bear or sibling for a walk</p>	<p>Watch your favourite show/movie; dim the lights, make popcorn and enjoy a movie with someone</p>	<p>Gather and donate. Look through your clothes and toys and see what you haven't used in a while Donate it to someone who may need it more than you</p>	<p>Turn some toys into puppets and create a puppet show for your family to enjoy</p>	<p>Make a paper cup phone and call someone in the house to tell someone how much you love them and why.</p>
<p>Write or draw what you eat/drink all day Make sure you drink plenty of water and a variety of coloured foods</p>	<p>Clean up or organise a room in the house or your desk</p>	<p>Write a thank you note to someone and post it/email it</p>	<p>Complete a jigsaw puzzle, Sudoku or crossword puzzle</p>	<p>Write a weekly list of affirmations( e.g. I am capable of making it through this storm)</p>