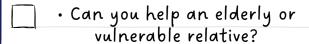
## Active · Go for a walk in the fresh air. Try and spend 60 minutes outside each day Help in the garden Go for a bike / scooter ride or jog · Complete an online exercise class · Dance to your favourite music Create your own obstacle course / workout routine circuit inside or out

### In school I will...

| Experience an active brain-break



### Give



- · What could you do to help at home?
- · Give a smile (or wave) to someone, a smile is a powerful thing
- Complete a random act of kindness
- Pay a compliment to a member of staff as you pass by them
- Give laughter tell a joke/be silly/have fun - laughter is the best medicine

#### In school I will...

Do something to support a charity





# World Wellbeing Week

26th - 30th June 2023

This year all BEST schools are taking part in five days of wellbeing activities, five ways of looking after ourselves and others:



**Connect** 



Learn

Active





Each day, your challenge is to choose your own wellbeing activity and tick it off when it's completed.

Your school will also be offering a daily shared activity to enjoy together.

Turn the page to see more and have a wonderful wellbeing week!

vame:			

# Notice

- Notice how you are feeling, what makes you feel happy?
- · Notice how others are feeling
- Notice nature when you go outside what can you see, smell, hear?
- Notice what you are eating has it changed? Is it effecting your mood? Are you eating healthily?
- → Notice the positives make a list of them each day
- Do some planting and notice the changes as they grow



In school I will...

- Notice my breathing
   take 5 or complete
  - take 5 or complete
     a breathing
     technique

### Connect

- Telephone / facetime a friend or family member for a chat
- Spend quality time with family
- Spend time with a pet
- Say hello to a teacher you wouldn't normally speak to
- Speak or play with someone new

#### In school I will...

Write a positive
note / message to
someone



# \\ Learning

- Take time to learn something new - how to sew, how to bake / cook
- Keep reading! Listen to stories read by authors too. 7 Websites with Free Audiobooks

for Kids

- Be creative start a project
   building project/ art project/
  science project
- Learn something about your family members
  - Learn how to draw -#DrawWithRob — Rob <u>Biddulph</u>
- Learn some sign language



In school I will...

Learn to say hello, goodbye, how are you? and thank you in a foreign language