

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

- ☐ • Can you help an elderly or vulnerable relative?
- ☐ • 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:



Notice

Connect



Learn

Active



Give

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!

Name: _____



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 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 Biddulph 
- ☐ • Learn some sign language



In school I will...

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