



Wellbeing Challenge



It is always important to look after ourselves and each other and to be kind.
Here are a few challenges to help you and your family feel happy and healthy.

If you want to share any pictures of you completing these challenges, please email them to office@compassprimary.org Adults can do these challenges too!

Put on some music and do a funny dance <input type="checkbox"/>	Turn all electronics off and lie still with your eyes closed for 3 minutes , can you hear anything? <input type="checkbox"/>	Talk to somebody about something you have been worrying about <input type="checkbox"/>
Draw a picture of an imaginary place e.g. an enchanted forest or a land made from sweets <input type="checkbox"/>	Play a game with your family <input type="checkbox"/>	Cuddle up on the sofa and watch a film or TV show together <input type="checkbox"/>
Call somebody for a chat <input type="checkbox"/>	Draw a rainbow and put it up in your window so people walking past can see it <input type="checkbox"/>	Stand in your garden or on your doorstep and notice what you can see, smell and hear <input type="checkbox"/>
Do something to help somebody in your house <input type="checkbox"/>	Make a card to give to somebody when you go back to school <input type="checkbox"/>	Make a den inside the house <input type="checkbox"/>
Help an adult to cook dinner (do not do this without an adult) <input type="checkbox"/>	Draw a picture of yourself and write 5 things around it that you are good at. <input type="checkbox"/> Are you kind? Are you a good friend?	Learn a new skill e.g. learn to tie your shoelaces <input type="checkbox"/>