



Wellbeing Calendar

<p>1</p> <p>Make up an exercise routine and teach it to someone in your family. You could do it to music.</p>	<p>2</p> <p>Take a photo of something that relaxes you.</p>	<p>3</p> <p>Chill on a beanbag or cushion and listen to calm and relaxing music.</p>	<p>4</p> <p>Write all your worries or regrets on a piece of paper and then cut it up into at least a hundred pieces. Throw them into the air and let them go. For your parents' wellbeing you need to help tidy up afterwards!</p>	<p>5</p> <p>Make a poster to put in your window. Use a positive and inspirational quote. You can make one up or you can use a google search to find one you like.</p>	<p>6</p> <p>Make a proud cloud. Draw a big cloud shape on a piece of paper and fill it with things you are proud of.</p>
<p>7</p> <p>Play your favourite Sport/Video game with those in the house.</p>	<p>8</p> <p>Play a Boardgame/ Card game with those in your house.</p>	<p>9</p> <p>If you were a superhero what superpower would you have? Draw yourself as a superhero or make a comic strip!</p>	<p>10</p> <p>Look out of one of your windows for a whole 10 minutes and use a piece of paper to write down everything you can see.</p>	<p>11</p> <p>Make up your own board game. Design it first and then make it. It could be on any topic at all.</p>	<p>12</p> <p>Ask everyone in the house to give you their favourite joke and make a joke book. Read them all together and have a giggle!</p>
<p>13</p> <p>Karaoke challenge. Put on your favourite song and learn all the words. Perform the song to everyone with actions.</p>	<p>14</p> <p>Draw some stars on a piece of paper, colour them in and then award them to your family members. 'I am giving you a star because...'</p>	<p>15</p> <p>Make an A-Z of things that make you happy.</p>	<p>16</p> <p>Take a holiday in your house or garden. Make a tent or put up a tent. Could you and one of your adults sleep in it overnight?</p>	<p>17</p> <p>Make a list of things you want to do after lockdown has finished.</p>	<p>18</p> <p>Make a picnic to eat outside if you have a garden or yard or make a space in your house with a blanket on the floor and enjoy your picnic there.</p>
<p>19</p> <p>Go on a nature walk when you do your daily exercise. Take a piece of paper and write down all the things that belong in nature - a leaf, a bird, a butterfly, a flower and so on.</p>	<p>20</p> <p>Stick a large piece of paper on your wall and make a mural of photographs of you and your family smiling. You could also do one on the computer and print it out.</p>	<p>21</p> <p>Make a relax box. Fill it full of things that relax you or calm you. You can write any big things on pieces of paper to put in your box.</p>	<p>22</p> <p>Draw a family portrait with all your family members.</p>	<p>23</p> <p>Get a paper plate or just cut out a circle of card from a cereal box. What can you make with it? Be creative!</p>	<p>24</p> <p>Write your name BIG and in BUBBLE writing. Decorate and then cut out. Find out as much as you can about your name.</p>
<p>25</p> <p>Smiling challenge. Draw a HUGE smiling face then write down all the reasons that make you smile or laugh.</p>	<p>26</p> <p>Help to make a healthy meal using different coloured veg or fruit. Make a rainbow dish!</p>	<p>27</p> <p>Take a selfie and write down 5 things you like about yourself.</p>	<p>28</p> <p>Draw a picture of someone you admire. Why do you admire them?</p>	<p>29</p> <p>Think about your friends. How would they describe you? Draw some thinking bubbles and write all the things in the bubbles. You could call them to ask!</p>	<p>30</p> <p>What was the best feeling you ever had? Write it on a piece of paper and decorate it!</p>
<p>31</p> <p>Write a letter to your future self telling them about this time you are living in now. You are making history every day! You will enjoy reading it one day!</p>					