






Welcome to the West Norwich & Dereham 5 Ways to Wellbeing Challenge.



Your challenge is to complete as many of the tasks below as you can before Monday 22 March

Anyone completing 3 out of 5 of EACH challenge will receive a BRONZE AWARD, complete 4/5 for a SILVER AWARD and complete ALL Challenges for GOLD

KEY STAGE 2	 connect	 be active	 keep learning	 take notice	 give
1	Have a 'smiling' challenge with someone at home * Complete? <input type="checkbox"/>	Do an Indoor Scavenger Hunt * Complete? <input type="checkbox"/>	Make a healthy snack – find out WHY it is healthier. Complete? <input type="checkbox"/>	Play the 'memory game'* Complete? <input type="checkbox"/>	Make someone smile by giving a compliment every day for a week! Complete? <input type="checkbox"/>
2	Sit with someone and listen to a new piece of music, talk about it, did you both like it? What did you like or not and why? How did it make you feel? Complete? <input type="checkbox"/>	Go outside and blow bubbles (washing up liquid/water – make a blower out of pipe cleaner, top of a bottle/ cardboard tube.* Complete? <input type="checkbox"/>	Learn to say 'Good morning, good night, please & thank you' in another language and use it every day for 5 days. Complete? <input type="checkbox"/>	Watch the clouds, what shapes can you see? Can you draw something using the shapes for ideas? Complete? <input type="checkbox"/>	Look through your toys & books, can you give any to charity that you do not need or use anymore? Complete? <input type="checkbox"/>
3 ^D	Connect with yourself - Practice your '5 deep breaths' everyday when you get up* Complete? <input type="checkbox"/>	Try and juggle with rolled up socks/balls. Try 2, 3 or 4 at the same time Complete? <input type="checkbox"/>	Find out something interesting about the local area you live in and write it down. Complete? <input type="checkbox"/>	Can you draw a face with your eyes closed? Stop and think really carefully. Complete? <input type="checkbox"/>	Be more environment aware- Turn off lights / pick up litter / recycle) Complete? <input type="checkbox"/>
4	Send a card, letter, drawing or some jokes to a local care home. Complete? <input type="checkbox"/>	Put on your favourite song and dance for the WHOLE song! Complete? <input type="checkbox"/>	Listen to a style of music you might not have heard before, what is it called. Complete? <input type="checkbox"/>	Do some mindful colouring-how do you feel while drawing? Calmer/ more relaxed? Complete? <input type="checkbox"/>	Give your eyes a break from your screen devices and hour before bed for 5 days! Complete? <input type="checkbox"/>
5	Phone a relative / friend you haven't seen for while to check up on them – No texting Complete? <input type="checkbox"/>	Build a den safely, inside (use blankets/ sheets/chairs) or outside (use washing line to hang sheet on * Complete? <input type="checkbox"/>	Ask a grown up to help you learn how to make a healthy snack Complete? <input type="checkbox"/>	Complete a wellbeing wordsearch * Complete? <input type="checkbox"/>	Do something to help someone (carry something/tidy up / clean the garden) Complete? <input type="checkbox"/>
ADD YOUR OWN CHALLENGE	Complete? <input type="checkbox"/>	Complete? <input type="checkbox"/>	Complete? <input type="checkbox"/>	Complete? <input type="checkbox"/>	Complete? <input type="checkbox"/>

*Indicates there is an extra information sheet available for this task.

Student Name:

School:

Class:

Parent Signature _____