

St Eanswythe's Well-Being Challenge Grid (part 2)

Pick a challenge and off you go!

Memory Lane

As a household create a memory jar. Each person in the house can write some happy memories and then put them in the jar. During times when you are feeling sad take a memory out of the jar to remind you of happier times.



The 5,4,3,2,1 Rocket

Let's relax and notice:
5 things we can hear
4 things we can see
3 things you can touch
2 things you can smell
1 thing you can taste



Creative and Colourful

Find your brightest clothes and put them on. Try and be as creative as possible with your choices. Wearing bright colours can often improve our mood. How does it make you feel?



X marks the spot

Create a treasure map of hidden things around the house. Then ask someone else in your house to follow the map. What can they find?



Thank You!



Design a thank you poster for someone special who you feel has worked hard during Lockdown. This could be anyone from a teacher to a grown up at home!

Secret Mission

Plan a secret kindness mission. This could include being kind to an adult all day, or tidying your room without being asked. How many missions can you complete in one day?

