

St Eanswythe's Well-Being Challenge Grid

Pick a challenge and off you go!

Make A Greetings Card

Create a card for someone special. Perhaps you could even post it to them?



My Lockdown Diary

Why not start a diary during lockdown? Record your thoughts and feelings from the day in your own special book.



Super Chef's

Can you help a grown up in your house make a delicious lunch or dinner for your family?



A Scavenger Hunt Stroll

Go for a walk with someone from your house. Try and spot five items that begin with the letter S!



Creative Collage

What household items can you use to create a collage? Perhaps use some old magazines or newspapers.



Catch up with a friend!

Is there someone that you can speak to on the phone or Zoom with?

Good Deed for the Day

How can you help someone in your house today?



Kitchen Disco

Take some time to listen to your favourite songs. How do they make you feel? And why not have a dance as you listen.

