**Weekly Wellbeing Challenge for Students and Families**

Each box is worth 50 points – Your aim is to complete 150 points from at least 3 columns per day

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|  **Physical wellbeing** |  **Emotional wellbeing** |  **Social wellbeing** |  **Cognitive wellbeing** |  **Spiritual wellbeing** |
| Design and complete a body weight circuit (of at least 10 activities) to participate in at home\*Bonus 10 points if you get your family to do it with you\* | Turn off all devices for at least 5 hours (after school!) | Call, Skype or FaceTime a friend and talk about anything BUT Covid-19 | Complete a mindfulness guided meditation. You can access these on [Smiling Mind.](https://www.smilingmind.com.au/) | Participate in a yoga, Pilates or meditation session. There are some available on YouTube or you create your own. |
| Complete 30 minutes of incidental physical activity (everyday activities like vacuuming, putting clothes on the line or taking the bins out) | Participate in a self-care activity e.g. going to bed early, painting, deep breathing, watching the sunset or having a bath. | Do something for a family member e.g. cook a meal, tidy part of the house, offer to mow the lawn, get the washing off the line, wash your pet | Learn a new skill such as juggling, cooking, breakdancing, knitting or playing recorder | Spend at least 30 minutes outside connecting with nature |
| Participate in a virtual workout for at least 30 minutes. Some examples are Just Dance, Wii sports and YouTube fitness videos. | Complete a journal activity for the day or compile a list of things you are grateful for | Connect with someone who you have not spoken with in more than 1 month | Complete a log book of your moods over the next week | Go on a nature walk, plant some seeds, listen to some birdsong or do some weeding |
| Take your pet, teddy bear or sibling for a walk | Watch your favourite show/movie; then write down how it made you feel | Play a board game with your family members | Read a book/listen to a podcast or listen to your favourite artist | Think about someone you admire - what values do you share? |
| Create your own game to play with your family members. Be creative with your objects e.g. wrap up some socks to make a ball | Tidy your room / desk | Write a thank you note to someone and post it/email it | Complete a jigsaw puzzle, Sudoku or crossword puzzle | Write a weekly list of affirmations ( e.g. I am capable of making it through this storm) |