

Widening Participation
Outreach

## Wellbeing Challenge

Taking care of your mind, as well as your body, is really important while studying or working from home.



## Complete as many wellbeing challenges as you can this week

Drink 8 glasses of water in a day	Go for a local walk outdoors	Meditate for at least 10 mins	Eat at least 7 portions of fruit & veg in a day	List your strengths	Listen to your favourite music	Arrange an online get-together with friends/family
Clean a room in your house	Dance to your favourite song	Write a gratitude list	Wear something bright today	Turn off all electronics 90 minutes before you go to sleep	Start and end your day with meditation	Plan a healthy meal
Take a long shower or relaxing bath	Stretch your muscles	Bake something	Read a book	Write a song	Doodle, draw, colour or make something arty	Organise a cluttered space
List 5 things you are looking forward to	Video chat/ call someone who inspires you	Make a fruit salad	Have a pamper night	Workout for 20 mins (try the Joe Wicks PE workout on YouTube)	Video chat/ call someone you haven't spoken to in a while	Find a motivational quote for your day
Write a poem	Have a home karaoke night	Make a list of positive affirmations for yourself	Give yourself/ get a head massage	Sit in silence for 5 minutes	Call an old friend	Create a vision board
Do some gardening	Write about 3 things that made you happy this week and why	Sing your favourite song	Don't check your phone first thing in the morning	Have a big glass of water as soon as you wake up	Cook a new recipe	Watch a movie that makes you laugh



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## Use this grid to log your own WELLBEING CHALLENGE IDEAS

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