



Are you up for the screen free challenge? - Click the idea in each square for links and support.  
We challenge you to complete at least 2 of the following activities on 'Wellbeing Friday'

### HEALTH

Go for a walk - Take a walk in your local area and enjoy the fresh air with your family. How many steps can you get in? Take a photo of your favourite spot along your walk.

Go for a run - Be sure to run at your own pace and track your distance/time then share with us. Go for a Bike Ride – Make sure you have checked your bike over for safety and wear a helmet! Take a photo of the scenery to share with us.

Go HITT/Dance – Complete a HITT or dance workout to start the day and allow for more treats on Friday night!

### SELF

It's more important than ever for you to be 'kind' to yourself. It's ok, to not be ok! If you need to reach out for some support, outside of school, explore the sites we suggest here.

There are lots of information and resources you can access here, but being kind to yourself also means simply taking some 'me time' out of your daily school day. So do what makes you happy!

### FOOD

Put your cooking skills to the test by trying a new recipe and testing your cooking or baking skills with something brand new! Go away and create a master piece. Maybe do this with a family member to spend some quality time with them for a change instead of home schooling! Don't forget to show us your end results by sharing a photo.

Can you challenge yourself to try something new today? Maybe a dish for lunch you've never tried before and let us know what you think?

### READ

Read a book, a newspaper, childhood favourite story, magazine... indulge in reading something that will whisk you away into another world! Can you post a picture of the most adventurous place to read a book in? Ideally, read from a hard copy so that you are OFF A SCREEN!

Can you create a mini book club with your friends virtually and maybe share reviews of your book or even just enjoy talking about it with your friends over a nice hot cup of tea/hot chocolate!

### RELAX

Practice some Yoga or meditation if you haven't tried this before as you may be surprised at how the techniques can make you relax and forget about everyday school work!

If puzzles are more your style, complete a jigsaw puzzle if you have one, crosswords or word searches. Maybe listening to music is what relaxes you? If so, try some of the suggestions here or listen to your favourite music whilst taking a walk and getting some fresh air away from a screen!

### CREATE

Write a card or letter to someone who has helped you since this lockdown started and post it to them.

Draw, model or make something. Take part in The Big Art Exhibition and show us your finished pictures in the windows! Or, just try your hand at some adult colouring!

Design and build a bird feeder, hedgehog house or a bug hotel using sticks and leaves from the garden or collected from a walk. Post a picture of your creations!

### What to do when complete?

Get household members to take a picture of you completing any of the activities in the 6 wellbeing areas. Submit these on your Year Group TEAM, under the relevant area for us to look at and share your wellbeing successes!