

# Wellbeing Family Challenge - Week 8

We challenge you and your family to do as possible of the following activities! Doing these activities together, as a family, will help you all to learn more about each other and to have fun together!

## Ready

Some of you may be excited about the future return to school (and work!) and some of you may be a little nervous. A good way to prepare for returning to school, is to remember the nice times you have enjoyed in the past in school. Think of your best friend or an achievement you are proud of and notice how you feel inside. Keep this feeling with you and remember feels nervous sometimes - it's ok.

## Steady

After such a long time at home, it is a good idea to begin getting yourself into a routine ready to return to work or school.

Try to set your alarm a little earlier each day and go to bed earlier too. Try the relaxing routine below the day before you come back to school:

1. Be kind to yourself during the day, treat yourself to your favourite film or food
2. Get your school or work bag ready in the morning so you are prepared and can forget about it then
3. Have a relaxing bath before bed and a nice warm drink
4. Read a book before bed to help you feel sleepy
5. Talk to your family about worries

## Relax

If you are feeling a little worried about returning to school or work then make sure you talk to your family and try these things to release any stress:

- Exercise
- Breathe deeply
- Do something you enjoy
- Talk about it

## Go!

When the morning comes to return to school or work:

- Get up early
- Eat breakfast to fuel your brain
- Take a deep breath
- Remember we are all excited and nervous and all St Benedict's staff will help you to settle back in!

## Enjoy a short film, book or game together

If you have a favourite story or film, read it or watch it as a family and enjoy together. If you want to try a new game, you could watch this short film and try to guess the sounds that are being made.

[Guess the sound](#)