

# Wellbeing Family Challenge - Week 2

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!

## Bubble play

Use washing up liquid, shower gel, washing gel or shampoo (with grown-up permission) to make bubbles.

Make your own wands using paperclips, straws, pipe cleaners, metal hangers.

See how high the bubbles will fly!

## Selfie Fun

Have a selfie taking session with your family. Using lots of props (hats, scarfs, sunglasses) to create funny photos to send to family members. Always ask an adult before sending photos to family.

## Family Game Time!

Get out the board games and hold a games afternoon. Children, it's your job to make sure everyone knows the rules and plays fairly!

If you don't have any games, make some up - hide and seek, eye spy, who cannot talk for the longest!

## Joke telling

Hold a family comedy event. Everyone needs to make up their own or research 5 to 10 jokes to share with the family. Then decide who is the winner by the most amount of laughing created.

Laughing is good for you!!

## Smell Detectives

Ask your parent / carer's permission to collect a number of things that smell such as shampoo, soap, washing up liquid, perfume, fruit.

Use a scarf to blindfold each other and see if you or your family can guess what the smell is.

Who is the best smell detective in your house?

## Enjoy a story together

If you have a favourite story, read it as a family and enjoy together. If you want to try a new story, you could listen to: *In My heart: A Book Of Feelings*, a lovely story for everyone!

[In My Heart: A Book Of Feelings](#)