

Wellbeing Family Challenge - Week 3

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!

Connect.

Feeling close to and valued by other people is really important. Relationships with family and friends help wellbeing.

Try to find ways to spend time with people you care about, such as family. Why don't you try a video call to family far away? Tell people what you've been up to and how you're feeling, then ask them how they are too and really listen to their answer.

Be active.

Physical activity helps people of all ages. It doesn't have to be fast-paced activity such as, you could follow a [yoga video](#), go for a walk, or dance around your living room. Being active outdoors is also great! [Try these Wild Workouts!](#)

Learn.

Learning something new can help you feel proud of yourself. If books, puzzles or video games are your thing, great - but if not, why not try to learn something a bit more practical? You could learn a new football trick, cook something new, a new language or make up your own family language!

Give.

Sometimes other people are the best mood-booster. People who help others, feel happier themselves.

Try a random act of kindness to make you and your family feel good. You could wash the dishes, tidy your room or hug your family.

Take notice.

It can be easy to try to do lots of things at once, or to do an activity without really thinking about it. When you can, slow down and really focus on what you're doing. Giving things your full attention can help you feel calmer and enjoy the moment. Why not go for a walk and pay attention to the scenery, try a new food and see how it tastes, or really focus on the next thing you create?

[Try Square Breathing!](#)

Enjoy a short film 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 story, you could watch this short film about being kind to others and looking for the positive things in life.

[Disney Pixar's Boundin'](#)