

# Wellbeing Family Challenge - Week 7

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!

## Daily Mile

Sometimes it can be really hard to get motivated, but doing a little bit of exercise each day can increase motivation.

Walk or running 1 mile each day can boost your health and help to clear you mind. Walk as a family each day (safely and away from others).

You could even try running or walking a mile around your garden or house!

## Hide & Seek

Such a simple game, but so much fun when the whole family play together!

Decide who is going to count to 30, the rest of the family have to hide (in safe places).

Who is the best at hiding and finding!?

## Silly Hair Day

Laughing is great for everyone and what better way to make each other laugh than to create a silly hair style for everyone!

You can gel your hair, brush it the wrong way or don't brush it at all!

Take photos and make a family album!

## Colouring

Nothing beats a bit of time to yourself, but sometimes it is nice to sit as a family and do something together.

Why not all sit and colour together for 30 minutes. You can still your art work on the wall or fridge to celebrate family time.

## Family Dance Challenge

Lots of families are creating their own dance videos to music and recording them! Not only will you laugh and exercise as you dance your socks off, but you will also create wonderful memories together.

Choose your favourite music, decide on your dance moves and away you go!

Here is a family enjoying themselves whilst dancing in the kitchen!

[Family Dance!](#)

## 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 looking for the positive things in life and finding true friends to love and care for.

[Disney's Lava](#)