

# Wellbeing Family Challenge - Week 4

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!

## Bug Hotel

Create the perfect bug hotel in your garden together as a family!  
All you need is a few plastic pots (plant pots are ideal), some cardboard tubes, garden canes (if you have them), grass, sticks, leaves and mud!



## Scavenger Hunt

Challenge you and your family to a garden treasure hunt! Create a list of things to find and give yourself a time limit to find them!  
You could find things like: Leaves, clouds, birds, trees, grass, airplane, car, rain and more!

## Jar of joy and laughter

Find an old jar and as a family write down something each day that makes you all smile and feel happy. Fold up the note and place it in the jar.  
On rainy days or when you need cheering up, sit together and read the notes in your jar of joy and laughter and bring a smile to your face!

## Family Gallery

Sit in one room with your family. Make sure you all have a pencil or pen and something to draw on.  
Your challenge is each draw a member of your family. Spend time really noticing the person you are drawing. See who is the best artist in your house!

## Daily Schedule

Being at home for a long time can mean we lose motivation to do anything!  
Create a daily schedule as a family:  
8.00am: Breakfast together  
9.00: School work  
10.00: Run around the garden for a break  
10.30: School work/Read a book/Do a wellbeing activity together  
12.00: Lunch  
Agree a plan and try and stick to it!

## Enjoy a story 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 listen to this short story about life in the garden!

[Up in the garden and down in the dirt](#)