

Wellbeing Family Challenge - Week 6

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!

Hug in a mug

We all need to feel safe and loved.

Treat yourselves to a hot chocolate and snuggle under a blanket.

You can add whatever you like to your hot chocolate: marshmallows, sprinkles, chocolate buttons!

Then spend 10 minutes enjoying every sip of your special, warm drink as it gives you a hug!

Self-esteem bookmark

Sit as a family and make each other a bookmark, stating all the positive things you can think of about that person.

Every time you read your book, you will feel good about being you!

Doodle a day

Drawing is a good way to keep you mind busy and to express your feelings and creativity.

You can doodle as a family and try to guess what each family member is drawing. You could make it a game with points for whoever guess the fastest!

Taste test

Take it in turns to try different food with your eyes closed!
See if your family can guess what they are tasting. Ask them to describe the texture and taste.
Always choose edible things to taste and check no one has allergies first.

Daily Exercise

Even when you feel tired or fed up; exercise can boost your physical and mental health. Just 10 minutes a day doing some family exercise might cheer you up a little!

Here is an example of what you could do:

10 x star jumps

Jog on the spot for 1 minute

Hope on one leg for 10 seconds, then swap

Jump up and down 10 times

Make up your own exercises too!

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 a tiny seed!

[The Tiny Seed](#)