

Well-being Challenge

Social Health Challenges



Start a hobby and keep it going for 5 weeks.



Have a phone call with a friend or family member.



Write a letter to a friend or family member.



Send a card to a friend or family member.



Invent a game and teach it to your friends.

Safety Challenges



Watch the NSPCC PANTS video.



Memorise the 'Childline' number.



Learn how to report something you don't like on your favourite social media site.



Complete the 'road safety' activity booklet.



Complete the home safety sheet

Physical Health Challenges



Drink 1.5 litres of water per day for 2 weeks.



Try and get more than 9 hours sleep a night for a week.



Play outside every day for half an hour.



Run a mile.



Try a new sport for 4 weeks.

Emotional & Mental Health Challenges



Act out 5 different emotions to your friend and see if they can guess them.



Keep a journal for 3 weeks.



Complete a 'Look after yourself' booklet.



Create an anti-bullying poster. Include what you should and should not do.

Create your own challenge!