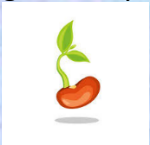
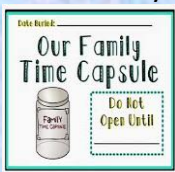


21 Day Challenge

Can you complete our 21 day wellbeing challenge – look after yourself and get your family to join in

1 Deep breathing- bubble of protection/star breathing 	2 Catch up with a friend- maybe virtually/facetime 	3 Compliment at least 3 people today- small but sincere. 	4 Read a funny poem or joke out loud 	5 Hug in a Mug-) each positive thought amarsh- mellow/chocolate sprinkle 	6. Mindful colouring- minimum 15 mins 	7. 15-30 min listening to music, even have a dance. 
8. Play a new board game- or noughts and crosses/hangman 	9. Walk outside- whatever the weather and stand there for 5 minutes. 	10. plant a seed /bean in a pot ,so you can watch it grow daily. 	11. Go on a bug hunt- try to find 3 different ones. 	12.Turn off the PC/Play-station for one night for at least 2 hours. 	13.Face time an elderly relative or neighbour who may be isolated. 	14. Have a pj/ douvet/movie day. 
16 Clean or tidy a room/drawer or organize a shelf. 	17 PE challenge- e.g skip 30 times, ounc 	18 Jar of positive thoughts 	19 Memory box- put in it a photo or precious souvenirs. 	20 Time capsule- your era in a tin and then bury it in the garden with an introductory note 	21 Begin a journal or picture diary 	Good Luck! 