

HAPPINESS HEROES CHRISTMAS WELLBEING CHALLENGES

Can you complete these wellbeing tasks each day in the Christmas holidays?

| 22.12.23 | 22.12.23 | 23.12.23 | 24.12.23 | 25.12.23 |
|---|---|--|--|--|
| Read a book | Write a kind note to someone in your family, and give it to them. | Do a puzzle. | Count how many times you make people smile today. | Play some games with your family or friends. |
| 26.12.23 | 27.12.23 | 28.12.23 | 29.12.23 | 30.12.23 |
| Drink 8 glasses of water today. | Mindfulness colouring. | Lay on your bed / sofa, and complete some happy breathing. | Write a kind letter to yourself, and keep it somewhere safe. You can open this in a years' time. Write about your goals and achievements you would like to have completed by then. | Say something positive to everyone you see today (who you know). |
| 31.12.23 | 01.01.24 | 02.01.24 | Additional idea | Additional idea |
| Do some exercise for at least 10 minutes e.g. yoga, star jumps, running, walking (if you go outside, make sure an adult is with you, or says it is ok). | Have a day off from electronic devices. What can you do to entertain yourselves instead? Maybe the whole family can get involved with this one! | Watch a movie. | Do some cooking or baking with a family member (make sure an adult is supervising). | Research a charity and see if there is anything you can do to help. Could you donate anything? |

