

# WELL-BEING WEEK CHALLENGE

Look after your well-being by completing these 9 well-being activities this week!

You can start anywhere and do them in any order you like. Cross off each one as you do it. Good luck!

**Create a Positivity Playlist of your 10 favourite feel-good songs.**

1



**Draw a picture of your favourite place.**

2

**Give at least 5 compliments to people today.**

3



**Write a happiness list of 10 things that make you feel happy.**

4

**Draw a picture of a time when you were really proud of yourself.**



5



**Write a list of 5 of your favourite jokes and tell some of them to your friends and family!**

6



**Offer to help others at least 3 times today.**

7

**Make a poster of your favourite positive quote or saying.**

8



**Draw a self-portrait called 'My Best Self' and write all of your best qualities around it.**

9



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