

# Weekly wellbeing challenge for students

Each box is worth 50 points – Your aim is to complete 150 points per day (across 3 columns)

Physical wellbeing	Emotional wellbeing	Social wellbeing	Cognitive wellbeing	Spiritual wellbeing
Cook a healthy meal for your family to share	Ask for help when you need it	Call a friend you haven't spoken to this year	Teach a family member something you have been learning about	Spend 15 minutes thinking about things you are thankful for today
Walk around the block with a pet or family member... twice!	Set aside time today to do something you love (e. g. read a book, draw a picture, listen to music)	Take a break from social media for the day – only have conversations with people you can actually see!	Read about a topic of interest that you have been meaning to explore but never got around to	Write a journal entry - focus on goals you have for your future and how you can work towards achieving them
Do 15 minutes of stretching or yoga	Watch something that makes you laugh, then share this with a friend or family member	Think about a recent problem with a friend/family member that you can forgive and forget	Writing a learning goal for next term and how you can work towards achieving it.	Spend 10 minutes doing mindful meditation (e.g. Smiling Mind).
Get at least 8 hours of sleep and drink at least 7 glasses of water	Organise a messy space in your house (for you or on behalf of a family member)	Start a list of all the things you look forward to doing when you can see friends again	Learn to say 'hello' in 10 languages. See if you can remember them all 2 days later. <i>Bonus points for pronunciation</i>	Create a family tree. See how far back you can go. <i>Bonus points for finding out your great-grandmothers' maiden names</i>
Learn to juggle 3 items using 2 hands. Do not use eggs when practicing.	Reflect on your strengths. Practice one of your strengths today!	Write a list of qualities you admire about a family member and give it to them	Have a brain break! Can you click the fingers on your right whilst winking with your left eye? And your left hand/right eye?	Plan out your day. What's one thing you want to achieve today?