

50 day wellbeing challenge

Day 1. Leave three happy notes for someone else to find in your house.

Day 2. Call a relative or friend who is far away and have a chat with them.

Day 3. Do something helpful for a friend or family member today.

Day 4. Send a positive text to ten of your friends.

Day 5. Learn a new skill and teach someone else.

Day 6. Research three jobs / career paths that you are interested in.

Day 7. Visit a virtual museum. Go online and explore the collections online.

Day 8. Write down five things you are thank you for .

Day 9. Play a card game or board game with someone in your family

Day 10. Lead your family in a reflection / prayer.

Day 11. Look at the last 20 photos on your phone , think how they made you feel

Day 12. Make a card for someone's birthday / celebration coming up.

Day 13. Listen to a young sibling read or read to them.

Day 14. Draw a picture to make the postman smile for your door.

Day 15. Do a chore in your house without being asked.

Day 16. Send a thank you message to someone.

Day 17. Take a selfie and note down 5 things you like.

Day 18. Find a documentary on BBC iplayer and watch it

Day 19. Say something positive to everyone in your household today.

Day 20. Plan an activity/game for the whole family to do together.

Day 21. Find three inspirational quotes and write them down.

Day 22. Tag your friends in a photo that gives you happy memories.

Day 23. Write a list of ten things you would like to achieve by age 18.

Day 24. Create a gratitude list for everything you are thank you for.

Day 25. Spend the day smiling.

Day 26. Plan a meal for your family tonight using the ingredients you have.

Day 27. Use 20 French or Spanish words today

Day 28. Make breakfast for another family member.

Day 29. Sit down in a silent room and focus on your breathing for 5 minutes

Day 30. Stay OFF social media for >3 hours straight and kept yourself occupied

Day 31. Ensure you have 5 fruit and veg today.

Day 32. Write down five things you are grateful for.

Day 33. Search on YouTube for a 'Tedx Talks by kids'

Day 34. Watch a film with a family member and turn your phones off.

Day 35. Plan a short yoga session for your family

Day 36. Write a letter or card to send to an elderly relative

Day 37. Do a chore in the house without being asked to do it.

Day 38. Listen to your favourite song and dance around the room.

Day 39. Think about two role models in your life. Why do they inspire you?

Day 40. Find ten funny jokes and tell them to our family .

Day 41. Wear your favourite clothes to make you feel great

Day 42. Stay OFF social media for >3 hours straight and kept yourself occupied

Day 43. Find a documentary on BBC player and watch it

Day 44. Sort out old books, clothes, toys for the charity shop.

Day 45. Spend the day being positive to everyone around you.

Day 46. Make a playlist of your top ten songs and send to a friend.

Day 47. Learn British sign language

Day 48. Find a learning podcast and try it.

Day 49. Write a list of ten things you would like to achieve by age 30.

Day 50. Get your whole family dancing on TikTok!