


30 day wellbeing challenge



Take a walk in nature

Day 1

Do something nice for someone

Day 2

Have a family dance-off

Day 3

Clean and organise your room

Day 4

List three positive things about your day

Day 5

Have a drawing contest

Day 6

Ask a friend how they're feeling

Day 7

Create and complete an obstacle course

Day 8

Do a silly dance for 2 minutes

Day 9

Give someone a compliment

Day 10

Play hide and seek outdoors

Day 11

Learn something new

Day 12

Help make a healthy meal together

Day 13

Swap sugary drinks for water for a day

Day 14

Go to bed an hour earlier than normal

Day 15



Write a short story

Day 16

Swap a biscuit, cake or chocolate bar for fruit

Day 17

Go on a scavenger hunt outside

Day 18

Close your eyes and breathe deeply for 1 minute

Day 19

Act out a scene from your favourite film

Day 20

Find a recipe from the Beezee site and cook it together

Day 21

Make a poster about getting more healthy

Day 22

Tell someone about your best memory

Day 23

Learn a dance routine together

Day 24

Play outside for 30 minutes

Day 25

Try a new sport or activity

Day 26

Give yourself 3 compliments

Day 27

Give a hug to a person, pet, or toy

Day 28

Play a game of tag

Day 29

Have a family games night

Day 30

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