

WBHS Wellbeing Challenge

DECLUTTER your bedroom or workspace	Pack yourself a healthy lunch for the next day	UNPLUG FROM YOUR DEVICES FOR A NIGHT	Do a random act of KINDNESS for someone	Try a new exercise	Relax with your favourite movie
Go for a 30 minute walk	Have a conversation ...about something other than school work	take a bath	Celebrate something you are proud of	Organise your inbox	Take a break with your family
RUN ...even if only for 10 minutes	Make a To-Do list	Try a yoga class	Listen to a podcast	Head to the BEACH	Cook yourself your FAVOURITE comfort food
READ for 20 minutes before bed	try a free mental health app	Set yourself a GOAL	go to bed 1 HOUR earlier	Take a one day social media detox	try a MINDFULNESS breathing exercise
Contact a friend ...just to ask how they are	take a DOG walk	Unleash your creative side	Freshen up your look	play your fave music REALLY LOUD	Plan something sociable with your friends

30 DAY CHALLENGE

30 day wellbeing challenge to introduce healthy habits.

Creating a wellbeing culture and focus on wider life.

Aim - to try new activities to boost resilience.

Incentive/treat for those who 'complete' the challenge.

Shared with parents also.