

Try our Whitley wellbeing
challenge

Wellbeing

Whitley Ways of Wellbeing

DECLUTTER your bedroom or workspace 	teach someone about FIGHT/ FLIGHT 	 UNPLUG FROM YOUR DEVICES FOR A NIGHT	Do a random act of KINDNESS for someone	Try some colouring in 	Spend time with your FAMILY 
Go for a 15  minute walk	Ask a friend how they are feeling 	go to bed 1 HOUR earlier 	 Celebrate something you are proud of	TRY A NEW EXERCISE 	 Learn how to cook something for yourself 
READ for 20 minutes before bed 	Make a list of things that worry you 	Ask for help from a TEACHER 	 play your fave music REALLY LOUD	manage your EMOTIONS 	 try a MINDFULNESS breathing exercise

- Taster of self-care tips and techniques to look after your wellbeing.
- Try to take a photo as proof!
- You might want to complete this with your friends or family.
- You might want to send in your photos to your tutor or head of year.