

TIME FOR WELLBEING

30 wellbeing activities themed around the 5 ways to wellbeing

MON **Connect**
Connect with the people around you. With family, friends and teachers.
Building these connections will support and enrich you every day

TUE **Be Active**
Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance.
Exercising makes you feel good. Discover an activity you enjoy

WED **Take Notice**
Catch sight of the beautiful. Be curious about the unusual. Notice the
changing seasons. Be aware of what you are feeling. Notice what matters to you

THU **Keep Learning**
Try something new. Set a challenge you will enjoy achieving. As well as
being fun, learning new things will make you more confident

FRI **Give**
Do something nice for a friend, or a stranger. Thank someone. Smile. Seeing
yourself, and your happiness, linked to the wider community is incredibly rewarding

#Timeforwellbeing

@ChalleNGeNottm



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1

Draw your very own self care plan, just for you!

Nottingham City Council, STEM Partnership

2

Take a look inside the 'First Aid for Feelings' box and write your own Positive Power statements.

Mellers School

3

Get moving and grooving to music - 'Get Happy Get Healthy'

Johnny and the Raindrops

4

Notice how you feel in any moment, on the happiness scale!

Emotions Toolkit

5

Plant some seeds. Digging soil stirs up microbes that can stimulate serotonin production making you feel more relaxed and happy.

Penny Poyzer

6

As a class, have a Kindness Jar - write notes to say thank you to each other.

Mellers School

7

A-Z scavenger hunt: Can you find objects inside or outside the house for every letter of the alphabet?

Active Notts

8

Take some time to get creative and draw a portrait with tips from Nottingham Playhouse's Drawing club.

Nottingham Playhouse

9

Circle of support - Understanding your support network

Positive Pants

10

Pass the imaginary ball. Quick thinking movement game where the ball changes on each throw.

Lit Theatre Co.

11

Take a stroll, gather natural objects for your Journey Stick and reflect on your feelings

New Art Exchange

12

Be curious- find objects of wonder and make boxes of curiosity

Ignite!

13

Pair up with someone and write 5 nice things about them - compliment each other!

Helping Kids Achieve

14

Create a fun, safe obstacle course. Draw out your plan and then put it into action.

Active Notts

15

Make up your own family story and turn bedtime into an adventure.

Secret Garden Stories

16

The People's Forest - planting a spiral of oak trees to reconnect Nottingham with Sherwood Forest!

Nottingham Open Spaces Forum

17

Create a world of wonder. Through drama and story-telling, escape into a new world of adventure. Let your imagination run wild!

Lakeside

18

Take notice of what's around you. A mindfulness activity making use of the five senses.

Nottingham City Mental Health Support Team

19

What happens to your brain when you learn something new? Growth mindset

Whitemoor Academy

20

Give yourself a moment to discover one of your superpowers!

Positively Empowered Kids CIC

21

Make music at home with found sounds! Happy and joyful rhythm with singing.

Beatfeet

22

Give the gift of music and share your favourite song with someone.

Tashaka Baumber, Vocalist

23

Share your thoughts on what makes a good friend. Can you be one?

Nonsuch Studios

24

Get moving! Find a few moments to move more, get the heart pumping and stretch your mind with some easy to follow exercises.

Get Out, Get Active

25

Take time to explore the nature around you, use your senses to build a poem

Nottingham City Museums and Galleries

26

The Green Map of Nottingham - where are all those little green 'spaces inbetween' that are important to you?

Nottingham Open Spaces Forum

27

Give your voice to make our city a better place to live with Nottingham Youth Trends

DYT

28

Go to the library and choose a book about food to inspire you to learn how to cook something new

Read on Nottingham

29

Listen to Cubby and Jon from the Bratislava Dug-Outs perform a song to help you out of a hole.

Jon Rea

30

Create special greetings for friends, family, classmates and teachers.

Well Within Reach

Specially made for primary schools

You can also watch the daily 'Five Ways to Wellbeing' 2-3min videos on the ChalleNGE Nottingham [YouTube channel](#)

challengenottingham.co.uk

@ChalleNGeNottm

