

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



TIME FOR WELLBEING

MON
Connect

2

Connect with someone new and energise your wellbeing

Clive Foster NTU

9

Connecting with yourself - Boosting your self-esteem.

Positive Pants

16

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

Nottingham Open Spaces Forum

23

Exploring relationships - discovering what we think makes up a healthy relationship

Nonsuch Studios

30

Take an arty abstract mystery photo of something today. Send to a friend, ask them to guess what it is, ask for one back!

1525 Collective (Nottingham Contemporary)

TUE
Be Active

3

Feed positive mental health and celebrate what your body can do by raving to 2 or 3 of your favourite tunes.

Charmaine Daley

10

Create a moment of calm! Try this interesting and unique breathing exercise that you can use to create relaxation in your mind and body.

Get Out Get Active

17

Moving for mood-boosting! Have a short burst of dance to raise your mood and heart-rate!

Lakeside

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

WED
Take Notice

4

Take Notice of your hindering thoughts - they affect how you feel! Let's flip them and see what happens.

Empower Education

11

Ekphastic writing - use a piece of visual art as inspiration for mindful, descriptive writing

Nottingham City of Literature

18

Sculptures and Physical theatre. A pose is made by someone. What can the class see? a story? a feeling?

Lit Theatre Company

25

Look for nature in unexpected places. Find out what it is. Share an interesting photo

Nottingham City Museums and Galleries

THU
Keep Learning

5

Keeping Curious... Looking at the science of materials and the questions you can ask.

Ignite!

12

What do insects do for us? Find out and take actions to stop their decline!

Nottinghamshire Wildlife Trust

19

Alternative activities away from the screen. Using music for wellbeing!

Freedom Foundation

26

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

Nottingham Open Spaces Forum

FRI
Give

6

Do something to brighten someone's day - random acts of kindness.

Sara and Mason

13

Pair up with someone and write 5 nice things about them. Compliment each other!

Helping Kids Achieve

20

Give yourself the opportunity to thrive - recognising your strengths

Positively Empowered Kids CIC

27

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

DYT

Specially made for Secondary schools

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

challengenottingham.co.uk

@ChalleNGeNottm



challenge
Nottingham's Cultural
Education Partnership