

TIME FOR WELLBEING

MON
Connect

2

Connect with someone new and energise your wellbeing

Clive Foster NTU

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

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

THU
Keep Learning

5

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

Ignite!

FRI
Give

6

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

Sara and Mason

9

Connecting with yourself - Boosting your self-esteem.

Positive Pants

10

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

Lakeside Arts

11

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

Nottingham City of Literature

12

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

Nottinghamshire Wildlife Trust

13

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

Tashaka Baumber, Vocalist

16

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

Nottingham Open Spaces Forum

17

An interesting and unique breathing exercise that you can use to create relaxation in your mind and body.

Get Out Get Active

18

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

Lit Theatre Company

19

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

Freedom Foundation

20

Give yourself the opportunity to thrive - recognising your strengths

Positively Empowered Kids CIC

23

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

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

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

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

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)

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

