

# 5 Ways to Wellbeing

## Connect Challenge



## Your Challenge...

### *Discuss...*

Your Top 3 films & why

Your Top 3 songs & why

Your Top 3 places to visit & why

Your Top 3 chocolate bars & why

Your Top 3 TV programmes & why

# 5 Ways to Wellbeing

## Connect Challenge



## Your Challenge...

*Discuss...*

**Would you rather:**

Be invisible or be able to fly?

Have butterfly wings or a horse tail?

Live on the Moon or live on Mars?

Eat a raw potato or be able to fly?

Live without a TV or without a phone?

# 5 Ways to Wellbeing

## Connect Challenge



# 5 Ways to Wellbeing

## Take Notice Challenge



## Your Challenge...

**Name:**

3 people you are thankful for

3 places you are thankful for

3 foods you are thankful for

3 memories you are thankful for

3 objects you are thankful for

# 5 Ways to Wellbeing

## Take Notice Challenge



## Your Challenge...

*Count how many:*

Birds you see in 3 minutes

Planes you see 3 minutes

People you see in 3 minutes

Teachers you see in 3 minutes

Trees you see in 3 minutes

# 5 Ways to Wellbeing

## Take Notice Challenge



# 5 Ways to Wellbeing

## Be Active Challenge



## Your Challenge...

### *3 minute fitness challenge (15 seconds rest)*

45 seconds of squats

45 seconds of jogging on the spot

45 seconds of star jumps

# 5 Ways to Wellbeing

## Be Active Challenge



## Your Challenge...

### *Who can:*

Walk the length of the field in  
the fewest steps

Walk the length of the field with  
the most steps



# 5 Ways to Wellbeing

## Be Active Challenge



# 5 Ways to Wellbeing

## Keep Learning Challenge



## Your Challenge...

***Work out the following Disney  
Anagrams:***

*Chi Coo Nip*

*Whites Won Handstands Fever We*

*Hatted Millimetre*

*A Babysat Tuned Thee*

*Gal Dent*

# 5 Ways to Wellbeing

## Keep Learning Challenge



## Your Challenge...

*Work out the following  
food related Dingbats:*

---

BAN ANA

FA ST

---

MOTHER MAY

---

Midday T

# 5 Ways to Wellbeing

## Keep Learning Challenge



# 5 Ways to Wellbeing

## Give Challenge



## Your Challenge...

Write a thank you letter to a teacher who has made a positive impact on you.

# 5 Ways to Wellbeing

## Give Challenge



## Your Challenge...

Come up with a random act  
of kindness that you could do  
for a :

Friend  
Family  
Neighbour  
Teacher

# 5 Ways to Wellbeing

## Give Challenge

