

## WELLBEING CHALLENGE

Make wellbeing a priority during Children's Mental Health Week and take on a Wellbeing Challenge. How many wellbeing actions can you tick off in a week?

Get 8hrs of sleep



Do a deep breathing exercise



Go for a walk



Wear something that makes you feel good



Take time out to read a book



Eat your favourite food



Go for a walk in your local park



Drink 2L of water



Do 30 minutes of yoga



Give someone a compliment



Have a 'no social media' day



Catch up with a friend



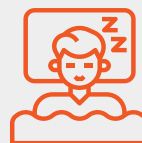
Try a 5 minute meditation



Listen to a podcast



Go to bed 30 minutes earlier than usual



Write down 3 things you're grateful for

