


Welcome to the West Norwich & Dereham 5 Ways to Wellbeing Challenge.



Your challenge is to complete as many of the tasks below as you can before Monday 22 March

Anyone completing 3 out of 5 of EACH challenge will receive a BRONZE AWARD, complete 4/5 for a SILVER AWARD and complete ALL Challenges for GOLD

EYFS / KEY STAGE 1	 connect	 be active	 keep learning	 take notice	 give
1	Have a 'smiling' challenge with someone at home * Complete? <input type="checkbox"/>	Build a den safely * Complete? <input type="checkbox"/>	Learn to tie your shoelaces Complete? <input type="checkbox"/>	Do some mindful colouring * Complete? <input type="checkbox"/>	Make someone smile by saying something nice to them every day for a week! Complete? <input type="checkbox"/>
2	Sit with someone and listen to a new piece of music, talk about it, did you both like it? What did you like or not and why? Complete? <input type="checkbox"/>	Shopping bag race (like a sack race but with a sturdy shopping bag) Complete? <input type="checkbox"/>	Find out something interesting about someone in your family and write it down Complete? <input type="checkbox"/>	Watch the clouds, what shapes can you see? Can you draw something using the shapes for ideas? Complete? <input type="checkbox"/>	Look through your toys & books, can you give any to charity that you don't need or use anymore? Complete? <input type="checkbox"/>
3	Practice your '5 deep breaths' everyday when you get up * Complete? <input type="checkbox"/>	Do an Indoor Scavenger Hunt * Complete? <input type="checkbox"/>	Make a bubble mixture and blow bubbles outside * Complete? <input type="checkbox"/>	Can you draw a face with your eyes closed? Stop and think carefully. Complete? <input type="checkbox"/>	Be more environment aware- Turn off lights / pick up litter / recycle) Complete? <input type="checkbox"/>
4	Send a card, letter, drawing or some jokes to a local care home. Complete? <input type="checkbox"/>	Put on your favourite song and dance for the WHOLE song! Complete? <input type="checkbox"/>	Find out about the season, can you think of something to Plant and grow? Complete? <input type="checkbox"/>	Play the 'memory game'* Complete? <input type="checkbox"/>	Give your eyes a break from your screen devices and hour before bed for 5 days! Complete? <input type="checkbox"/>
5	Tell someone a joke to make them laugh Complete? <input type="checkbox"/>	Hand-Foot Coordination challenge activity * Complete? <input type="checkbox"/>	Ask a grown up to help you learn how to make a healthy snack Complete? <input type="checkbox"/>	Go for a walk and use your senses (See / Smell / Feel / Hear) Complete? <input type="checkbox"/>	Do something to help someone (carry something/tidy up / clean the garden) Complete? <input type="checkbox"/>
ADD YOUR OWN CHALLENGE	Complete? <input type="checkbox"/>	Complete? <input type="checkbox"/>	Complete? <input type="checkbox"/>	Complete? <input type="checkbox"/>	Complete? <input type="checkbox"/>

*Indicates there is an extra information sheet available for this task.

Student Name:

School:

Class:

Parent Signature _____