













25

daily tasks to improve wellbeing

Try one activity a day, at home or in school, to improve your physical and mental health

Week 1	<input checked="" type="checkbox"/> DAY 1 Get at least eight hours of good sleep tonight. SLEEP: <i>Getting the right amount of sleep each night provides your body with the time to rest, repair and re-build leading to a stronger immune system, reduced stress and improved emotional wellbeing.</i>	<input type="checkbox"/> DAY 2 Spend at least thirty minutes a day this week outdoors in the fresh air.	<input type="checkbox"/> DAY 3 Drink six glasses of water throughout the day. 	<input type="checkbox"/> DAY 4 Aim to walk 10 000 steps today. If you walk to school, try taking the longer route. 	<input type="checkbox"/> DAY 5 Aim to eat five pieces of fruit or veg today, especially that piece of fruit at lunch! 
	Week 2	<input type="checkbox"/> DAY 6 Research 'healthy snack recipes' & try to cook them in batch to have throughout the week.	<input type="checkbox"/> DAY 7 Go for a walk or run before eating a meal. EXERCISE: <i>Being active is not only great for your physical health, but it can also cause chemical changes in your brain, which helps to improve mood and reduce stress.</i>	<input type="checkbox"/> DAY 8 Try extra hard this week in PE and games. 	<input type="checkbox"/> DAY 9 Do a chore in the house without being asked e.g. cleaning your room or washing the dishes.
Week 3	<input type="checkbox"/> DAY 11 Write down your 'perfect morning routine' and try following it over the next few days.	<input type="checkbox"/> DAY 12 Tell a teacher what you enjoy about their lessons. 	<input type="checkbox"/> DAY 13 Spend some time doing something with a family member, such as playing a game.	<input type="checkbox"/> DAY 14 Try to do something kind today for someone at school RELATIONSHIPS: <i>Maintaining good and healthy relationships can help build a sense of belonging and self worth and improve our mental and emotional wellbeing.</i>	<input type="checkbox"/> DAY 15 Download a relaxation app to your phone and try using it at the weekend. 
	Week 4	<input type="checkbox"/> DAY 16 Write down five things that you want to achieve by the end of the week.	<input type="checkbox"/> DAY 17 Have a night off from using social media. 	<input type="checkbox"/> DAY 18 Make an active decision to smile more today. Remind others to smile too! 	<input type="checkbox"/> DAY 19 Leave a positive note for a family member to find in your house. 
Week 5	<input type="checkbox"/> DAY 21 Do something that makes you feel good, such as having a bath, walking the dog, watching a movie or enjoying your favourite drink. 	<input type="checkbox"/> DAY 22 Watch a TED talk or short documentary on a topic that interests you. 	<input type="checkbox"/> DAY 23 Give yourself a tech free evening and turn off all your devices at least one hour before bed.	<input type="checkbox"/> DAY 24 Think of a new hobby to try over the holidays. 	<input type="checkbox"/> DAY 25 Make a note of all the daily tasks you enjoyed. Which ones will you continue in the future?