



WELLBEING MATTERS

Wellbeing Challenges

- We are launching a voluntary daily wellbeing challenge for all students at SDCC.
- Each week you will find 7 tasks to try, all intended to boost your general wellbeing.
- We have produced a log sheet that you might like to use to record the actions you take, we would really like to hear about what you have been doing.
- We are looking to identify some wellbeing champions to help support everyone when we all return to school.

Website

- The log sheet will be downloadable from the school website.
- You can always create your own log sheet if you don't want to print ours.
- 7 new challenges will be added to the school website every week until September.
- You could complete any number of challenges or none at all, just have fun!

Example week of challenges



Wellbeing Matters



Please keep a log of all the wellbeing challenges you have completed using the wellbeing matters diary sheet.

Week 1

Phone a friend you have not spoken to for a while

Paint or draw something which makes you feel Happy

Listen to a piece of music which reminds you of a positive event

Listen to a podcast

For your fluid intake today, try to drink just water

Write down 3 things you are grateful for

Create a thank you card and give to someone you know