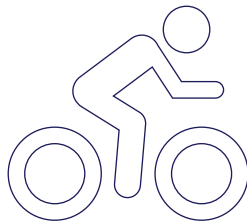
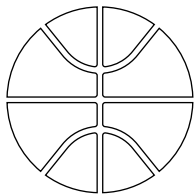


ACTIVE

- Go for a walk in the fresh air
- Spend 60 mins playing outside
- Go for a bike/scooter ride
- Dance to your favourite music
- Build your own obstacle course or exercise circuit at home

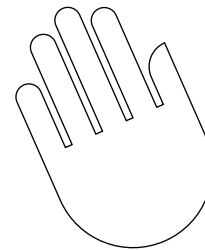
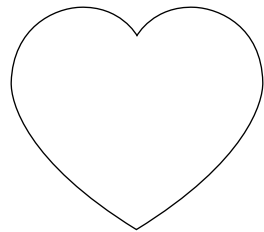


- Class activity:** Try an online yoga/exercise video (5 mins)
- In school I will:** Play a new game in the playground OR cycle or walk to school



GIVE

- Complete a random act of kindness
- Donate something from home to a charity or food bank
- Smile or wave to someone and brighten their day
- Help an elderly or vulnerable neighbour



- Class activity:** Share how you are going to be helpful to somebody this week
- In school I will:** Offer to help a member of staff

WORLD WELLBEING WEEK

23rd - 27th June 2025

This year all BEST schools are taking part in **5 days of wellbeing activities:**
5 ways of looking after ourselves and others



**NOTICE
CONNECT**



**LEARN
BE ACTIVE**



GIVE



Each day, your challenge is to choose your own wellbeing activity and tick it off when it's completed.

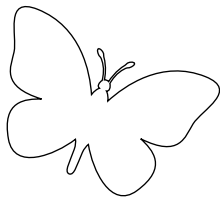
Your school will also be offering a daily shared activity to enjoy together.

Turn the page to see more and have a wonderful wellbeing week!

Name: _____

NOTICE

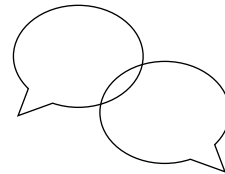
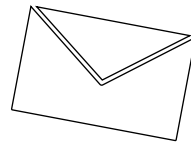
- Notice how you are feeling: try naming your feelings twice in one day
- Notice nature: pay close attention to something outside (a tree, an insect, a cloud)
- Notice what you are eating: The taste, smell, how it makes you feel
- Notice the positives: Name 3 positive things from this week



- Class activity:** Try a mindful activity in class (colouring, meditation, relaxing music)
- In school I will:** Notice how other people are feeling

CONNECT

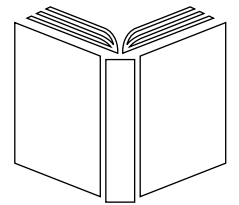
- Be a morning greeter: welcome others at the school gate
- Have conversation time with a family member or friend with no interruptions
- Ask somebody how they're doing today and listen
- Write a card to somebody you haven't seen in a while



- Class activity:** 3-minute friendship exercise; talk to someone different in class about something you
- In school I will:** Say hello to someone I don't normally speak to

LEARN

- Learn a new skill (sewing, a game, baking, sport)
- Read a book by a new author
- Teach something I learned this week to someone at home
- Have a go at something challenging and notice what you learn



- Class activity:** Try a wellbeing exercise ([resource here](#))
- In school I will:** Learn from a classmate who speaks another language how to say 'hello', 'goodbye' and 'thank you'