

# Well-being and Mindfulness

## 14-Day Challenge

Choose **14** challenges to do. Cross them off as you go.

Go on an early or late walk to catch a sunrise or sunset.

Digital Detox: no phones, TV, internet or other screens from 6pm to 6am.

PE Challenge: choose squats, push ups, arm raises or flights of stairs. Start with five then add one each day for five days.

Follow an online tutorial to make, do or learn something new. E.g., a craft, DIY project or a new dance!

Have a video call with a friend or family member who you haven't yet spoken to this year.

Drink only water for one whole day (that means not even a morning coffee or brew!).

Try a new recipe: cook a healthy meal that you've never had before.

Go on a new walking route around your neighbourhood, or do your usual route in reverse.

Complete an online workout video: an active workout or a guided meditation.

Make an A-Z list of things that make you happy.

Choose a song you like and learn the lyrics by heart. Perform this to yourself, your family or friends via video call!

Declutter: pick your messiest drawer, cupboard, toybox or shelf and give it a good sort-out!

Random Act of Kindness: draw someone a picture or do something nice to make someone smile.

Have a movie night: pick a feelgood or funny film all the household can enjoy.

Pick up a pencil and paper: doodle or sketch whatever comes to mind.

Photography: pick a favourite object in your home, snap it from different angles and share with your friends.

Slow eating: eat and savour one strawberry, biscuit or other small food item as slowly as possible. Aim for 30 seconds to a minute.

Learn to count from 1-10 in a new language. Add hello, goodbye and thank you to your repertoire too!

Read a book: (or start one during these 14 days!) choose a new one you've been meaning to read, or an old favourite.

Sky-gazing: go outside for 10 minutes and look up at the sky. See what patterns or shapes you can see in the stars or clouds.