

Weekly Well-Being Challenge

| Physical Well-Being | Emotional Well-Being | Social Well-Being | Cognitive Well-Being | Psychological Well-Being |
|---|---|--|--|---|
| Complete a Video Workout. Bonus 10 points if you can get your family to do it. | Turn off all devices for 2 hours during the day sometime. | Call or Facetime a friend or family member and talk about anything BUT Covid-19. | Complete a log of your moods throughout the week. | Participate in a mindful minute session spaced out 3 times in a day or in a yoga session. |
| Complete 30 minutes of household physical activity (vacuuming, lawn mowing, etc.) | Practice self-care: go to bed early, paint, watch a sunset or relax outside in a chair. | Do something kind for a family member e.g. cook a meal, clean a room, help with a project. | Draw a picture, color, write a poem, make play-doh/clay creation, create with Legos | Go on a 30 minute or more nature walk.. Bonus 10 points if you go with family members. |
| Create a new game using items found around the house and play it. | Write a list of things you are grateful for. | Call or Facetime someone you have not spoken to in more than a month. | Learn a new skill or try a completely new game or complete a new challenge.. | Spend time outside listening to birds or noticing awakening spring plants. |
| Take your pet, teddy bear or sibling for a walk. | Watch a favorite movie or TV show and then write down how it made you feel. | Play a board game with family members. Bonus 10 points if whole family plays. | Read a book, listen to an audio book or podcast or listen to your favorite musician. | Think about someone you admire - what values do you share? |
| Participate with a Dance Video. | Clean up your room or another part of the house. | Write a thank you note to someone and email or mail it. | Complete a jigsaw puzzle, sudoku or crossword puzzle | Write a list of things you are good at. |

Weekly Well-Being Challenge Resources

Not able to access a resource? Just try another one!

Video Workouts

[Darebee Workout](#)
[Themed HIIT Workouts](#)
[Student Choice Videos](#)
[You Choose-Student Choice](#)
[The Kids Coach](#)

Mindfulness

[Mindful Minute](#) (slides will automatically move on after 1 minute) If you can't access this try the videos below.
[2 Minute Mindfulness](#)
[3 Minute Mindful Breathing](#)

Online Puzzles

[Online Crosswords](#)
[PE Word Search](#)
[Sudoku Beginner](#)
[Sudoku Challenging](#)

Dance Videos

[Dance It Out](#)
[Let's Dance](#)
[The DanSIRS](#)

New Games, Skills and Challenges

[HPEatHome Games](#)
[Super Seven](#)
[Minute to Win It Challenges](#)