



Summer Well Being Challenge

ROUTE TO RESILIENCE
IN SCHOOL | AT HOME | FOR LIFE



The summer holidays is the perfect time to relax and focus on well being and recovery from the lockdown experience. We would love you all to try and complete one challenge a week. We would love you to share any pictures of you completing these activities on the school Twitter feed so tweet to @huncoteprimary or email pictures of you working - remember to send it to your current teacher.

Try keeping a sleep journal for a week to see if you are getting enough. A routine and a warm bath can help. What works for you?

Connect with someone from your family or a friend. Phone, video call or write them a message. (Or make them a card)

Exercise every day. You could try; running, tennis, skipping, bowls, trampolining, hopscotch, bunny hops, jumping, roller skating?

Help others whenever you can. Draw a hand and fill it with all things that you do to help others.

Choose an outdoor activity from:

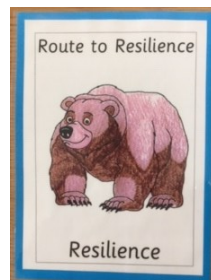
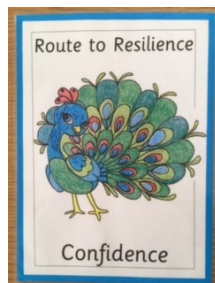
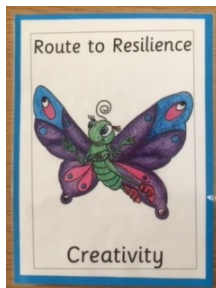
<https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/>

Learning something new is exciting and makes you feel better. Keep a diary for 1 week of new things that you have learned. Try to learn at least 1 new thing every day.

Be Thankful! Can you write down something for every letter of the alphabet that you are thankful for?

Be Mindful, complete a mindful colouring picture.

Draw a jam jar. Can you fill it with things that help you to relax and switch off? Things that help your brain have a rest.



Think about our some of our Route to Resilience characters. Make a Route to Resilience chart showing when you have used your character muscles. This could be a photo diary.

