

# Well-Being Wednesday

## 22 Things for a Happier 2022

### March Acts of Kindness

SEATON SLUICE FIRST SCHOOL

The Seaton Sluice First School 'Happiness Challenge' starts on Tuesday 22nd February will last until Tuesday 15th March 2022. Below are some suggested tasks for us all to take part in. Good luck!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Switch off all gadgets for at least two hours before bed time.	2 Smile and say hello to someone on five different occasions- make someone's day!	3 Eat some healthy food which makes you feel good about yourself.	4 Spend some time outside and notice five things that are beautiful.	5 Have a bubble bath in candlelight then a favourite story.
6 Choose a grown up and see if you can help them with a job.	7 Give 3 people a nice compliment- tell them what you like about them!	8 Ask a grown up in your house to relax for ten minutes.	9 Look into the night sky and look for star patterns...dream!	10 Dim the light, get a cosy blanket and listen to your favourite songs.	11 Go on a 'senses' walk with your family. What do you notice?	12 When it gets dark, watch the sunset and draw a picture.
13 Sing a song as loudly as you can as if nobody is listening.	14 Dance around to your favourite song as if nobody is watching you!	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		