

# Happy Well-being Wednesday!

## New year – fresh start!



What changes are you going to make this year to help and support your Well-being?



Wellbeing Award  
for Schools

2022-2025

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Learn new skills.  
Cooking and baking are  
great places to start.  
Why not music? Or art?



## LEARN

Meditate. Can you practise being still and quiet for two, five or ten minutes? Let your mind wonder and recharge.

Start reading a new book.  
Find one that you enjoy to read.

Try yoga once a day.



Perform a  
random act of  
kindness for a  
friend or loved  
one every day.

## BE KIND

Choose a language and learn a new word each day.  
After 30 days, see if you can create some sentences.



# MENTAL WELLBEING

Start a  
thought  
journal and  
write about  
your daily  
thoughts.

## WRITE

Listen to a new podcast that is full of daily inspiration.

Write a fictional story that allows you to  
escape the world.

Be kind to yourself.  
Let yourself enjoy  
the little things that  
happen during the  
day.



Write down something that you did each day that you  
are proud of. Explain why you are proud of yourself.



Try mindful colouring.



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## EXERCISE

Follow an online workout class. Try something new

Go for a short walk, whatever the weather.

Take a screen break, get up and move your body.

Digital detox. Do an activity that doesn't involve a screen.



## EAT WELL

Cut out some of the sugary snacks that you're used to.

Eat some healthy, colourful food that you wouldn't normally eat.



# PHYSICAL WELLBEING

Nap, if you feel tired during the day.



## SLEEP WELL

Get a good night sleep, don't stay up late.

Tidy something in your room, making sure it has a place.

Stay hydrated. Drink enough water.



Manage your energy when you work. When you're low on energy, have a break. Come back, and go!

Get a fix of nature in a park or a garden.



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Where to get help if you need support:



**Text  
SHOUT  
to  
85258**

**shout**  
85258  
here for  
you 24/7

@RPCC there is so much support.

- Tutors
- Head of year support
- Head of year
- Teachers
- Support staff
- Mental Health support workers
- SLT
- School counsellor
- Mental health Ambassadors
- Safe space stickers
- Library with a range of resources
- Anti-bullying ambassadors
- Peer mentoring program

