**Health and Wellbeing Challenges – how many of these can you do? How will you record that you have achieved these?**

1. Make your bed every day and tidy your bedroom
2. Make a sock puppet and sew on buttons for eyes
3. Create a collage of your favourite things. Cut up pictures from magazines and catalogues or the internet and glue them to a piece of paper or cardboard and decorate however you like.
4. Make a poster for the letters of the alphabet and decorate. (P1, P2)
5. Plant a seed (this can be from an apple or an orange) and watch as it grows.
6. Watch a new movie that you have never seen before and draw a picture or write a story about it about it.
7. Come up with a dance routine to your favourite song.
8. Go on to YouTube and do some “Cosmic Yoga” every day.
9. Play a card or board game with someone in the house.
10. Do a jigsaw puzzle every day – these can be found online
11. Help to set the table for lunch or dinner
12. Learn how to draw something new
13. Bake something yummy with someone at home
14. Hoover and help tidy the house
15. Find out when your bins are put out, can you help do this?
16. Wash the dishes or empty the dishwasher
17. Create your own fitness routine and do it every day.
18. Make a model related to your topic, using recycled materials.