



**Family Challenge to support Mental Health & Wellbeing (how many can you tick off between now and February half term)**

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| <p>1.<br/>Go for a 15-minute walk with the people in your household.</p>    | <p>2.<br/>Plan a movie night with the family.</p>  | <p>3.<br/>Take a Warkworth Castle selfie photo.</p>   | <p>4.<br/>Write and send a "thank you" card or note to someone.</p>              | <p>5.<br/>Listen to your favourite music with no distractions.</p>   |
| <p>6.<br/>Have a 'digital detox' with the people in your house (one hour during the week, you all switch off your mobile phones and sit together to talk, eat or play a game).</p>  | <p>7.<br/>Do your school work in fancy dress.</p>  | <p>8.<br/>Walk or run 2 laps around the pier in Amble.</p> <br><small>shutterstock.com • 96453236</small> | <p>9.<br/>Keep a diary of 2 good things that have happened during your day.</p>  | <p>10.<br/>Exercise with a Pet.</p> <br><p>Or take a selfie of your favourite place.</p>   |
| <p>11.<br/>Complete a random act of kindness – e.g. pay someone a compliment or bake some delicious goodies to surprise your loved ones.</p>                                      | <p>12.<br/>Do 25 Star Jumps.</p>                 | <p>13.<br/>Visit Warkworth Beach, collect shells and listen to the waves.</p>                           | <p>14.<br/>Do your school work in your pyjamas.</p>                            | <p>15.<br/>Attend a school "Time to Talk" session (each week).</p>   |
| <p>16.<br/>Go for a walk or run in the rain.</p> <br><p>Send us a picture!</p>  | <p>17.<br/>Cook a family dinner together.</p>    | <p>18.<br/>Do a Joe Wicks Body Coach Workout.</p>   | <p>19.<br/>Tidy your bedroom!</p>    | <p>20.<br/>Walk around the river at Warkworth and see how many ducks &amp; swans you can spot.</p> <br><small>shutterstock.com</small> |
| <p>21.<br/>Exercise with weights – such as a tin of beans etc.</p>    | <p>22.<br/>Go for an early walk and watch the sunrise.</p>  | <p>23.<br/>Read your favourite book.</p>    | <p>24.<br/>See how many puddles you can jump in?</p>                           | <p>25.<br/>Walk, cycle or scoot from Warkworth to Amble and back again (or the other way)</p>   |

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