

The Facts4Life 30 day Wellbeing Challenge

Preparing for your journey of mental health

Well done for accepting the Facts4Life 30 day Wellbeing Challenge to help you focus on the 5 Ways to Wellbeing!

Just to remind you, the **5 Ways** are:

1. **Connect:** *make a connection with someone – find a moment to speak and listen to someone you care for or someone new*
2. **Be active:** *could be walking, stretching, dancing or something more vigorous*
3. **Take notice:** *be aware of the present (rather than the past or future) - savour the moment and notice what's around you*
4. **Learn:** *try something new, explore something that interests you, read the news or a book, learn new words or a new skill*
5. **Give:** *help others and support your own wellbeing – give your time to someone or a good cause*

Remember, you must choose one of the 5 Ways and focus on this for a period of 5 days before selecting another (Total – 25 days). For the final 5 days, you have free choice on which of the 5 Ways you wish to revisit.

Pre-challenge task

Before you start your challenge, please complete this statement. Circle the number that best suits your response.

Most of the time, I generally feel...

Sad									Happy
1	2	3	4	5	6	7	8	9	10

You also need an adult (teacher, parent or carer) to sign to say they will support you with the challenge.

Adult's Signature

On the reverse of this page is a sheet on which you can make a note (or ask an adult to make a note for you) of each day that you achieve your challenge. Put a tick by all the days that you manage to achieve the challenge. An adult should also initial to confirm that you have achieved the challenge.

At the end of the 30 days count up how many days you have managed to achieve the challenge. If you have ticked off between 15 - 20 days you will receive a bronze certificate, 21 – 25 days will earn you a silver certificate and 26 -30 days will mean you will be presented with a GOLD certificate! Good luck!

Final task

Fill this in when you have **completed** your 30 day Wellbeing Challenge

We're interested to see if this challenge has helped the way you generally feel so we want to compare this to the answer you gave before you started. Please circle the number that best suits your response.

Most of the time, I generally feel...

Sad									Happy
1	2	3	4	5	6	7	8	9	10

Below you can record how you went about your challenge. You might like to consider:

- Who helped you?
- What did you find easy?
- What did you find hard?
- Did it get easier as you went on?
- Did you enjoy the challenge?
- Did you feel any different because of it?

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What next? Write down your thoughts showing what you will do now you have finished your challenge. How will you continue to prepare for your journey of health?

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Challenge Sheet

Day	Chosen way to Wellbeing e.g. Give	Tick if you achieved your challenge today	Confirmation (grown up to initial)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
Total number of ticks:			

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Name.....