

Our Wellbeing Challenge in Year 2

As part of our Year 2 wellbeing curriculum, we are going to invite you all to take part in the Charlie Waller Wellbeing Challenge over the next three weeks, leading up to our half term break from home schooling. The main aim is to complete at least one wellbeing activity for each of the Five Ways to Wellbeing during this three week period.

We would love you to share some of the activities with us; you can take photos of anything you make or photographs of you doing the activities. The pack we are sending you gives you lots of ideas to help you out (there are scavenger hunts, happiness cards, ideas for obstacle courses, arts and crafts, along with lots of other activities) but you are welcome to come up with your own ideas too. And you can even make some badges to award yourself! Obviously you can do much more than just one per 'way' if you are enjoying it 😊 The challenge is only for three weeks, but we hope that you enjoy some of the activities so much that you might start to include them in your everyday life.

You might decide to enter the competition too; good luck if you do.

Please can you also share your ideas and activities on Tapestry, or email them to me at

nwitcomb@elmbridgeprimary.co.uk

Good luck...and have fun!

