

Feel good Friday – wellbeing challenges

Friday 11 February 2021

These are just some ideas, you do not have to complete any or all of them but each one is designed to support wellbeing and hopefully be good fun!

Creative challenge 1: Collage

You will need:

- Old magazines/newspapers
- A4/A3 paper/card
- Gluestick/selotape
- Scissors

Cut/Rip pieces from the magazines or newspapers and use them to create a collage/image which represents you or something about you.

Here's a little video you can watch about expressing yourself through art.

<https://youtu.be/5V7SdoSL1w>



Creative challenge 2: dance it out

You will need:

A device/speaker to play music

A video camera (optional)

Choose a favourite song/song which you relate to, choreograph a routine to the song which represents you/your feelings.

Here are a couple of video links about how dance can be a form of self-care!

<https://www.youtube.com/watch?v=uBGUx55qpZ0>

<https://www.youtube.com/watch?v=ISxmYT4fbBQ>

Creative challenge 3: Close ups

You will need:

- 10 random objects from your indoor and outdoor space
- Pencil & paper
- Scissors

Draw a close up sketch of a tiny part of each object. Cut out your 10 sketches and challenge your family to hunt for the objects. How could you vary the difficulty level when you play it again?



Creative challenge 4: Put a sock In it!

You will need:

- A clean but old sock
- Craft materials e.g. buttons, goggly eyes, wool

Create a sock puppet of a character from one of your favourite stories. Plan your ideas before making your puppet, using buttons, materials and other resources available to you. Write a speech for your character and perform it to an adult or video it and send it to your form tutor!



Mindful challenge 1: Inside outside box

Being mindful is about spending time reflecting – it doesn't always have to be meditation, it can be through a quiet solo activity.

You will need:

- A box of some sort (shoe box/delivery box)
- A marker pen/pens

Decorate the outside of the box with words/images which are how you represent yourself to the outside world.

Decorate the inside of the box with words/images which represent your inner qualities, thoughts and feelings which might be kept hidden from the rest of the world.

As you do this think about why we show different sides of ourselves to the world and why.

Mindful challenge 2: Glitter jar

You will need:

- An empty jar/plastic bottle with a lid
- Water
- Food colouring
- Clear glue
- Glitter
- Crafty bits and pieces

Decorate the jar/bottle however you like, think about how it could represent you.

When you are finished, fill the jar/bottle 2/3rds full with water, add a dash of food colouring, clear glue and glitter. Seal the jar and shake – watch the colours swirl!



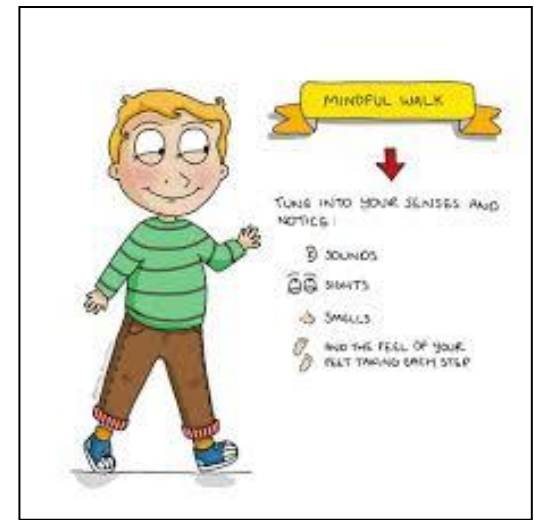
Mindful challenge 3: Safari walk

You will need:

A warm coat!

Go outside into your garden or for a walk. Take time to really focus on your senses as you walk – what can you see, hear, smell and feel?

Try and walk silently so you can really take notice of everything. Can you spot any creatures/insects? What do you notice about the nature around you.



Mindful challenge 3: Blind taste testing

You will need:

- A selection of different foods, try and choose a range of flavours and textures!
- A blindfold
- An adult to supervise

Put on your blindfold and then taste each food item one at a time. As you eat each one think very carefully about what it feels like and tastes like in your mouth. Describe the differences to your parent/carer as you move between snacks!

Baking challenge 1: Cornflake tart

You will need:

- 320g ready-rolled shortcrust pastry
- [plain flour](#), to dust
- 50g [butter](#)
- 125g [golden syrup](#)
- 25g [light brown soft sugar](#)
- 100g cornflakes
- 125g strawberry or raspberry jam
- custard, to serve

Follow this link to find the recipe for this easy and delicious family dessert. Be sure to take a photo of your work and email Miss Kwella!

<https://www.bbcgoodfood.com/recipes/easy-cornflake-tart>



Baking challenge 2: cupcake delights

You will need:

- 110g [softened butter](#)
- 110g [golden caster sugar](#)
- 2 [large eggs](#)
- ½ tsp [vanilla extract](#)
- 110g [self-raising flour](#)

For the buttercream

- 150g [softened butter](#)
- 300g [icing sugar](#)
- 1 tsp [vanilla extract](#)
- 3 tbs [milk](#)
- food colouring paste of your choice (optional)

Follow this link to find the recipe for these delicious treats. Be sure to take a photo of your work and email Miss Kwella!

<https://www.bbcgoodfood.com/recipes/cupcakes>



Physical challenge 1: Daily mile

- Go and explore your local area either walking for 15 minutes or running a mile!
- Let us know your times or even take a selfie at the end of your run!
- Mr Barry ran his mile in 8.02! Who can beat the teacher?



Outdoors challenge 1: scavenger hunt

You will need:

- The A-Z sheet
- Warm clothes!
- Using the A-Z sheet go outside into the garden or even out on a walk to find items that represent each letter
- You could take a photo of each one to document your alphabet!



Outdoors challenge 2: Garden art

- Go outside and create an art masterpiece out of objects you find in your garden
- It could resemble a person, animal or even something more creative
- Take a photo and upload it onto the system!



Bonus Challenge 1: record breaker



You will need:

- 29 socks
- A stopwatch

Can you put 28 socks on one foot in just 30 seconds? You can! Wow, well then do 29 and you will be a record breaker. Pavol Durdik from Slovakia currently holds the record for this, with the only rule being that you have to put them on one at a time. That's right, there are no rules for them being clean so you can raid your laundry basket for this one.

Here's a little video of his record attempt...

<https://recordsetter.com/world-record/socks-worn-30-seconds/54773?autoplay=false>

Bonus Challenge 2: keepyuppy

You will need:

- A football

If keepyuppy in the garden is keeping you sane right now, then this is the record attempt for you. In 30 seconds you need to do 252 football touches if you're male, 163 if you're female. These are the totals made by Parker Kuklinski, from the USA, and Chloe Hegland from Canada, respectively. The one rule is that the ball must be kept in the air.

Here's Chloe...she was only ten when she broke the world record!



Bonus Challenge 3: coin stacker

You will need:

- A bag of loose change
- A stopwatch

- **Most coins stacked into a tower in 30 seconds**
- **Current record: 48**

Rules: Any coinage that carries a max thickness of 3mm may be used, though only one hand can be used, with the other held behind the back. At the end of the 30 second period, they must remain standing for five seconds.

Here's a little video of his record attempt...

<https://recordsetter.com/world-record/tallest-coin-tower-stacked-right-hand-30-seconds/44585>



Bonus Challenge 4: make the bed

You will need:

- Double duvet & cover
- A stopwatch

- **Fastest time to put on a doublet duvet cover**
- **Current record:** [26.03](#)

Rules: The duvet must be placed "neatly" within the cover with all four corners properly set, otherwise the attempt is disqualified.

Here's a little video of the king-size duvet record.

https://www.youtube.com/watch?v=bRXaC_sIIYI

