7 Well-being Activities for 7 Days

Here are seven activities you can do while school is closed. The first three are activities to do once, the four on the next page are activities you can do every day. All of these activities are based on research to help you look after your mental health and well-being.



GRATITUDE

Make a poster to thank your postman/postwoman and any delivery drivers that bring food and other items to your house, then display it outside your front door, where they'll see it.



YOUR STRENGTHS

Talk (or write) about a time when you had to do something difficult and you got through it. Explore how you felt beforehand and how you overcame the challenge. Think about which character strengths you used to help you.



FAMILY OR GROUP STRENGTHS

Draw a strengths 'family tree' - either for your family, or for your group of friends, your class or your school. Think about how these character strengths you all have can help you overcome challenges together.



HAPPY PLAYLIST

Make a playlist of your favourite feel-good music. Keep adding to the playlist every day as you think of more music that makes you feel happy. Every day, spend some time dancing to music from your playlist.
If you are able to, get together with other people (e.g. at home, or friends via social media) and dance together to each other's playlists.



KEEP IN TOUCH

Every day, keep in touch with someone you can't see face to face. You can do this by phone, text, Skype, WhatsApp etc - use whatever technology you have available to connect with people you care about. This could be your friends, your grandparents, or other relatives, for example.



KINDNESS

Make a list of seven kind things you can do for someone else. This could be for people you live with (e.g. do the dishes one evening, tidy your room, read with your brother or sister) or people you don't get to see every day (send someone a compliment by text, draw a picture and send a photo of it to your grandparents, etc). Each day, do one of the seven kind things from your list.



SPOT CHARACTER STRENGTHS

Watch a film, then talk with your family or friends (or teachers if you are at school) about the strengths you spotted in the various characters in the film. Give examples of how they used those strengths.