

ELSA April Wellbeing Challenges

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| Make a list of all the places, people and things that make you happy | Make an acrostic poem with the word RAINBOW | Write a letter or draw a picture for someone in your house | Create a board game to play with someone else | Do something nice for someone you care about | How many different words can you make using the letters in the sentence HOME LEARNING IS FUN |
| Do some junk modelling | Create a word search for someone else | Watch a movie you haven't seen before | Find an old picture that makes you happy | Design and draw a fairground ride | Make up an exercise routine then teach it to others in your house |
| Make a picture from things you find in your garden. (leaves, grass, stones, flower, twigs etc) | Play some music that makes you feel calm | Make an indoor den | Design a poster for your window that will make people smile | Make up your own dance routine and teach it to others | Message a friend and ask them how they are |
| Video call a relative you haven't seen for a while | Say one nice thing to each person in your house | Read a book somewhere quiet | Sit in the garden or near an open window, close your eyes, what can you hear? | Have an indoor picnic | Help around the house |
| Draw a picture of your favourite place | Read to someone younger than you | Play a board game with the other people in your house | Bake a cake or biscuits | Play some music that makes you dance | Sing your favourite song out loud |

