

SUN

MON

TUE

WED

THU

FRI

SAT

Go for a walk



Have a gadget free day



Focus on your breathing



Drink more water



Plan an adventure



Try a healthy new food



Have a dance



Random act of kindness



Do a family fitness session



List what you are thankful for



Colour together



Try a new activity



Write a happy poem



Cook a meal together



Start the day with yoga



Research your family tree



Read a book together



Hug a family member



Skip Sugar



Get crafting



Make a healthy pudding



Go to bed early



Make a handprint poster



Do some stretching



Make a rainbow soup



Play hopscotch



Wake early to see the sunrise



Try fancy dress



Make a nature collage



Try meditation



Paint your family



Play hide and seek



Spot five birds



Make fruit kebabs



Sing your favourite songs



Eat a meal outside



Play a board game



# Family Well Being Challenge Calendar