

## Wellbeing Challenge - Connect with other people.



Good relationships are important for your mental wellbeing. They can help you to build a sense of belonging and self-worth, give you an opportunity to share positive experiences and provide emotional support and allow you to support others.

Here are some ideas but you may have some of your own!



**Read Aloud to Someone:** Read to a family member or friend on Zoom.



**Design and host quiz:** Make up a list of questions or challenges for a family (or friends)...you could host a quiz live or via a group Zoom call.



**Survey:** Devise a survey for people to find others with similar interests to yourself. We find it easier to connect to people who have things in common with ourselves.



Play a board or card game with your family. You could even have a tournament with different games over a couple of days.



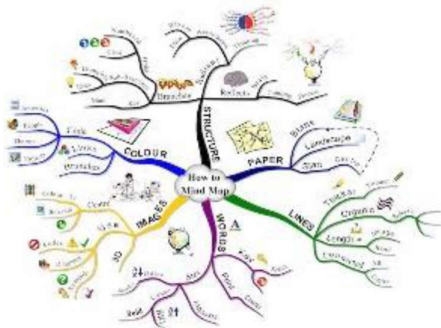
**Create a Family Tree (or friendship tree)..you could find out about some of your older relatives, where they were born etc. Can you trace any of your ancestors or find out about your family history?**



### **Connecting with other countries ....Travel the World**

Armchair travel is perfect for January –it’s when we dream of white sands the most, right? Children can find out about people in other countries without leaving the house. Choose a new country to visit,virtually, every day. Learn the things that are special about the new places you go to....What animals live there? What is special about the place and its people? What do they eat? Which continent is it? Identify its location on a map.What is its

climate like? Look at and draw the flag. What other interesting facts did you learn?



**Mind Map It! Think about all the different ways in which we can stay in touch and communicate. These can be in person, technological or paper based. How many can you think of? How many do you use? How many ways could you do in a day? Set yourself a challenge!**