S4's Weekly Well-being

Tick off one task per day

For W/C Monday 30th March 2020

If the task is underlined – it's a link. Hold CTRL and click the task – you'll go to the website for instructions.

Share your activities on twitter and tag us:

@swansci4 #S4wellbeing

Monday
Improve your workspace

Do one of the following:

- Clear a floor space to set up an exercise area
- Create a relaxing/happy playlist to play while you work
- Test all the chairs in your house. Which is the comfiest?

Fancy a challenge?

- Create a vision board

[SHARE]: What songs are in your playlist? What's on your vision board?

Tuesday
Try a puzzle

Do one of the following:

- This jigsaw
- This spot-the-difference
- This cryptic crossword

Fancy a challenge?

- Solve these brainteasers

[SHARE]: If you get stuck, ask everyone for help. How quickly did you finish the puzzle? Share your time.

Wednesday
Get some exercise

Do one of the following:

- See how long you can hold a handstand. Give it a few tries.
- This 15-minute cardio
- The floor is lava! . . . for 20 minutes

Fancy a challenge?

- Learn to belly dance

[SHARE]: Show us your dance moves! How long could you hold a handstand?

Thursday
Get crafty

Do one of the following:

- Learn how to draw a T-Rex
- Try some nail art
- Make an elephant from clay/plasticine/ play dough

Fancy a challenge?

Crochet some slippers

[SHARE] Send a photo of your creation.

Friday
Hobby time

Do one of the following:

- Bake a cake or make a dessert
- Go online and find the 'cheesiest' cheese joke
- Listen to your favourite podcast

Fancy a challenge?

Write a short story set in a theme park

[SHARE]: Tell us your best cheese joke. Share your story.