



CRE8TIVE  
CURRICULUM

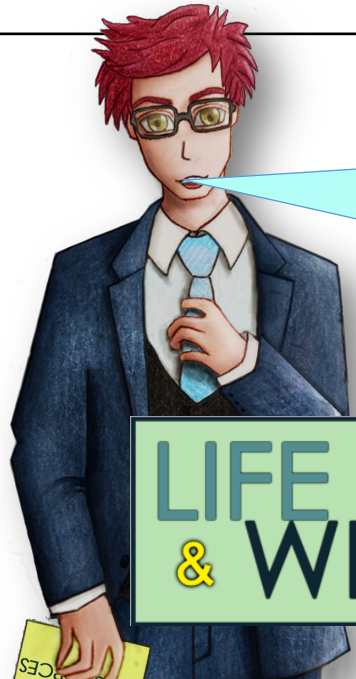
LIFE SKILLS  
& WELLBEING



CRE8TIVE  
CURRICULUM



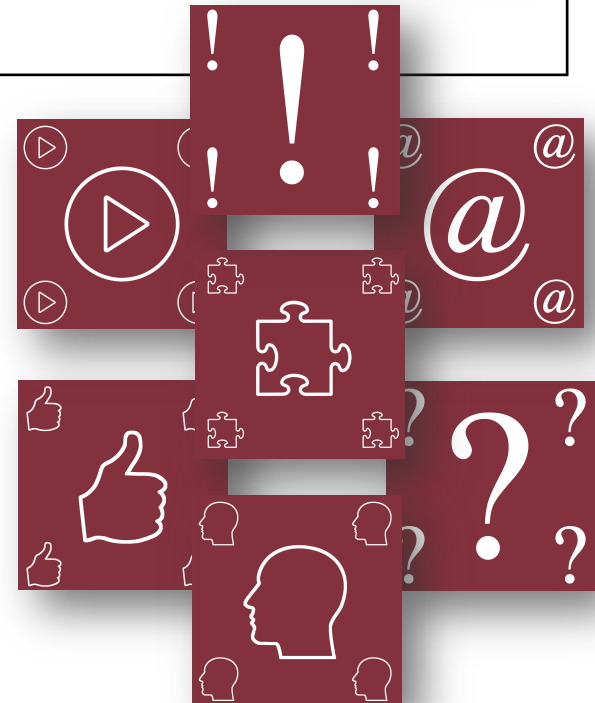
# Helping families with their wellbeing and mindfulness



**“Life skills & Wellbeing Lessons  
are going beyond the classroom  
and into the community”**

*CRE8TIVE RESOURCES TEAM*

LIFE SKILLS  
& WELLBEING



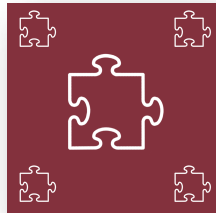
# What to Expect?



LIFE SKILLS  
& WELLBEING

“Every day I will send out some suggestions of things to do to keep the mind and body well and to keep on a positive path”

CRE8TIVE RESOURCES TEAM



 **STAY AT HOME**



CRE8TIVE  
CURRICULUM

PROTECT THE **NHS**

 **save lives**

SUPPORTING THE COMMUNITY

WELLBEING & MINDFULNESS



Activities



Quotes



Videos



Puzzles

 **STAY AT HOME**

PROTECT THE **NHS**

 **save lives**



## LIFE SKILLS & WELLBEING


“Alongside our ‘daily suggestions sheet’ we will run a 60 Day Wellbeing Challenge. Download yours today and feel free to Tweet [@Cre8tiveR](#) to show us your progress”

Cre8tive Resources Team

**60 Daily Tasks**

Here is the plan for the First 30 Days

CRE8TIVE CURRICULUM

<b>Day 1-</b> Leave three happy notes for someone else to find in your house.	<b>Day 2</b> Make a card for someone's birthday/celebration coming up	<b>Day 3</b> Call a relative or friend who is far away and have a chat with them.	<b>Day 4</b> Write down five things you are grateful for.	<b>Day 5</b> Research three jobs / career paths that interest you.	<b>Day 6</b> Download a mindfulness App (CALM) on your phone.
<b>Day 7</b> Visit a virtual museum! Go online and explore the collections online.	<b>Day 8</b> Get in contact with a local care home and arrange to send a letter to one of the residents.	<b>Day 9</b> Go on YouTube and try... 	<b>Day 10</b> Look at the last 20 photos on your phone and think about how they make you feel.	<b>Day 11</b> Say something positive to everyone in your household today.	<b>Day 12</b> Do something helpful for a friend or family member today.
<b>Day 13</b> Do a chore in the house without being asked to do it.	<b>Day 14</b> Send a positive text to ten of your friends.	<b>Day 15</b> Listen to your favourite song and dance around the room.	<b>Day 16</b> Stay off social media for >3 hours straight and keep yourself occupied.	<b>Day 17</b> Take a selfie and note down 5 things you like.	<b>Day 18</b> Play a game that you haven't played in a while.
<b>Day 19</b> Think about two role models in your life. Why do they inspire you?	<b>Day 20</b> Create a postcard for somewhere you have previously visited	<b>Day 21</b> Play a card game or board game you haven't played in a while	<b>Day 22</b> Sit down in a silent room and focus on your breathing for 5 minutes	<b>Day 23</b> Email one of your teachers to say thank you for something	<b>Day 24</b> Write down 5 things you are thankful for in your life.
<b>Day 25</b> Write a blog about something you enjoy doing.	<b>Day 26</b> Search on YouTube a "Tedx talks by kids"  23.6M subscribers	<b>Day 27</b> Watch a film with a family member and make sure you turn your phones off.	<b>Day 28</b> Make sure you get >8 hours sleep tonight. Note how you feel the next day.	<b>Day 29</b> Draw a picture of what you see in your garden or out of your window.	<b>Day 30</b> Make breakfast for another family member

**60 Daily Tasks**

Here is the plan for the Last 30 Days

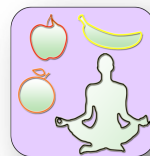
CRE8TIVE CURRICULUM

<b>Day 31-</b> Find three inspirational quotes and write them down	<b>Day 32</b> Create a digital photo collage using 5 images	<b>Day 33</b> Write a letter or send a card (Email or E-Card) to an elderly relative	<b>Day 34</b> Leave three happy notes for someone else to find in your house.	<b>Day 35</b> Make a list of 10 things you want to do	<b>Day 36</b> Go on YouTube and try... 
<b>Day 37</b> Create a gratitude list of everything you are thankful for	<b>Day 38</b> Do something nice for a sibling or parent/carer.	<b>Day 39</b> Create your own Playing card with your favourite number and suit	<b>Day 40</b> Find a learning podcast and try it out!	<b>Day 41</b> Ensure you have 5 fruit and Veg today	<b>Day 42</b> Do something helpful for a friend or family member today.
<b>Day 43</b> Write down five positive things about yourself on Post-It-Notes	<b>Day 44</b> Tag your friends in a pic that brings you happy memories	<b>Day 45</b> Visit a virtual museum! Go online and explore the collections online	<b>Day 46</b> Try to go to bed 1 hour early.	<b>Day 47</b> Wake up early to watch the sun rise and see how beautiful it is	<b>Day 48</b> Find a documentary on BBC iplayer and watch it
<b>Day 49</b> Do the washing up today	<b>Day 50</b> Look up origami and make a crane	<b>Day 51</b> Play an old computer game you haven't played for ages	<b>Day 52</b> Use 10 French or Spanish words today	<b>Day 53</b> Research the minimum wage in the UK for different ages	<b>Day 54</b> Design a new school logo for Blenheim
<b>Day 55</b> Learn some British Sign Language with Charlie 	<b>Day 56</b> Make a playlist of your top 10 songs and send to a friend	<b>Day 57</b> Check in with your favourite YouTuber and see how they are doing	<b>Day 58</b> Build the tallest Tower you can with a single piece of A4 Paper	<b>Day 59</b> How many different words can you make from these letters: "MR KINGSNORTH"	<b>Day 60</b> Wear your favourite items of clothing that make you feel great







# 60 Daily Tasks



## Here is the plan for the First 30 Days



<b><u>Day 1 –</u></b> Leave three happy notes for someone else to find in your house. <input type="checkbox"/>	<b><u>Day 2</u></b> Make a card for someone's birthday/celebration coming up <input type="checkbox"/>	<b><u>Day 3</u></b> Call a relative or friend who is far away and have a chat with them. <input type="checkbox"/>	<b><u>Day 4</u></b> Write down five things you are grateful for. <input type="checkbox"/>	<b><u>Day 5</u></b> Research three jobs / career paths that interest you. <input type="checkbox"/>	<b><u>Day 6</u></b> Download a mindfulness App (CALM) on your phone. <input type="checkbox"/> 
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# 60 Daily Tasks



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<b><u>Day 55</u></b> Learn some British Sign Language with Charlie  BSL Charlie 11.7K subscribers <input type="checkbox"/>	<b><u>Day 56</u></b> Make a playlist of your top 10 songs and send to a friend <input type="checkbox"/>	<b><u>Day 57</u></b> Check in with your favourite YouTuber and see how they are doing <input type="checkbox"/>	<b><u>Day 68</u></b> Build the tallest Tower you can with a single piece of A4 Paper <input type="checkbox"/>	<b><u>Day 59</u></b> How many different words can you make from these letters: "CREATIVE RESOURCES" <input type="checkbox"/>	<b><u>Day 60</u></b> Wear your favourite items of clothing that make you feel great <input type="checkbox"/>