

A graphic for a 14-day wellbeing challenge. It features a white central box with the title '14 DAY WELLBEING CHALLENGE' in bold black text. Below the title is a pink horizontal line, followed by the text 'BODY | MIND | HEART' and 'THE SKILL COLLECTIVE' at the bottom. The background is a vibrant collage of blue, pink, and yellow shapes, including circles and polka dots.

14 DAY WELLBEING CHALLENGE

BODY | MIND | HEART

THE SKILL COLLECTIVE

Tutor and Student challenge

How many of these can you complete?

5 Praise Points for 5 completed – show your tutor the evidence:

1. Volunteer your time
2. Donate to charity
3. Write down 5 things that you like about yourself
4. Eat 5 fruit or veg in one day
5. Be kind to a friend
6. Stretch your muscles for 10 minutes
7. Meditate for at least 10 minutes
8. Write down 5 of your strengths
9. Get an early night and a full 8 hours of sleep
10. Walk for 30 minutes in the fresh air

You can complete the challenge as often as you like!