



Aylesford School

Character and Wellbeing day Suggestions

Activity/Web Link if appropriate	Character Strength	Date Completed
Plan and Cook a healthy meal for your family – making sure use the eatwell plate to plan your meal. https://www.nhs.uk/live-well/eat-well/the-eatwell-guide	Open-Mindedness and Confidence	
Bake something as a treat for your family	Compassion	
Complete the PE STRAVA challenge https://www.aylesford.kent.sch.uk/news/pe-department-strava-challenge	Motivation and Resilience	
Make your own face mask. https://www.youtube.com/watch?v=llTTiQnSq_4	Self-Discipline	
Spend some time drawing a portrait of someone you know	Motivation and Self-Discipline	
Complete an act of kindness, for a neighbour, family member or friend. https://www.randomactsofkindness.org/kindness-ideas	Compassion and Integrity	
Explore your local area during a walk with your family	Open Mindedness and Curiosity	
Watch the sunset/sunrise – Can you find a good vantage point for this? Check the times here! https://www.timeanddate.com/sun/uk/maidstone	Open Mindedness	
Take part in some Mindfulness colouring – search online for mindfulness colouring	Open Mindedness	
Spring clean your bedroom – organise your work space and recycle any unwanted items	Respect and Integrity	
Create a musical instrument out of old junk or upcycled materials - here are some simple ideas. https://www.wikihow.com/Make-Musical-Instruments-with-Recycled-Materials	Open-Mindedness	
Write a poem about a topic of your choice – perhaps about plan for the future or a reflection of the last year	Curiosity and Open-Mindedness	
Spend some time reading a new book. Don't forget we have some suggest reading on our website and details of how to access the free online library. https://www.aylesford.kent.sch.uk/news/online-library	Integrity and Self-Discipline	
Design a quiz for your family – this could be done on paper or through zoom, or a Kahoot. Why not also share this with your mentor group? https://kahoot.com/	Resilience and Motivation	



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Write a thank you letter to a frontline/key worker or a front-line team showing your appreciation for all they do.	Compassion and Respect	
Organise your folders/work/stationary for school and home learning.	Self-Discipline	
Spend some time rebuilding some old Lego sets.	Motivation	
Complete a sudoku, crossword or wordsearch – you can print or access online below. https://www.websudoku.com/ https://www.englishmaven.org/Pages/Crossword%20Puzzles.htm	Self-Discipline and Motivation	
Complete a jigsaw puzzle	Self-Discipline and Motivation	
Create and plan a scrapbook or photo album from the last year!	Open Mindedness	
Complete some jobs in the garden - for example some tidying, weeding or general outdoor tasks. Why not make a bug hotel! https://www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/garden-activities/build-a-bug-hotel/	Motivation	
Write a list of post lockdown goals or aspirations that you would like to complete – put these somewhere safe and get them once life returns to normal	Courage and Motivation	
Use online tools to learn a new language – create a free account with duolingo! https://www.duolingo.com/	Open Mindedness and Curiosity	
Play board games with your family	Compassion and Integrity	
Watch a documentary to learn more about a new topic that you are interested or would like to learn more about.	Open-Mindedness	
Use your phone to capture images in your local area to produce a collage.	Curiosity and open-mindedness	
Research places to visit in your local area once lockdown is over or research the history of your local area.	Open-Mindedness and Curiosity	
Trace and drawing out your family tree – take this opportunity to phone and contact some of your older relatives for information	Open-Mindedness and Curiosity	
Complete an online work out video – for example Joe Wickes or any other online workout	Motivation	
Draw/Paint a picture of your favourite teacher	Self-Discipline	
Find out more about the art of origami and have a go yourself https://origami.me/diagrams/	Curiosity and Self-Discipline	
Decorate an egg in the style of a famous person or character	Motivation	
Start to prepare for returning to school by organising your stationery and uniform for an imminent return to school	Motivation	
Watch a new movie that you haven't seen before and write a film review about what you thought about the film	Curiosity	
Be Grateful – spend some time writing down all the things that you are grateful and thankful for. Share these with other people in your family	Respect	
Visit your neighbours and see if there are any jobs or tasks that would like you undertake for them.	Compassion	



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