



## 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.  <a href="https://www.nhs.uk/live-well/eat-well/the-eatwell-guide">https://www.nhs.uk/live-well/eat-well/the-eatwell-guide</a>	Open-Mindedness and Confidence	
Bake something as a treat for your family	Compassion	
Complete the PE STRAVA challenge  <a href="https://www.aylesford.kent.sch.uk/news/pe-department-strava-challenge">https://www.aylesford.kent.sch.uk/news/pe-department-strava-challenge</a>	Motivation and Resilience	
Make your own face mask.  <a href="https://www.youtube.com/watch?v=IITTiQnSq_4">https://www.youtube.com/watch?v=IITTiQnSq_4</a>	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.  <a href="https://www.randomactsofkindness.org/kindness-ideas">https://www.randomactsofkindness.org/kindness-ideas</a>	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!  <a href="https://www.timeanddate.com/sun/uk/maidstone">https://www.timeanddate.com/sun/uk/maidstone</a>	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.  <a href="https://www.wikihow.com/Make-Musical-Instruments-with-Recycled-Materials">https://www.wikihow.com/Make-Musical-Instruments-with-Recycled-Materials</a>	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.  <a href="https://www.aylesford.kent.sch.uk/news/online-library">https://www.aylesford.kent.sch.uk/news/online-library</a>	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?  <a href="https://kahoot.com/">https://kahoot.com/</a>	Resilience and Motivation	



# Aylesford School

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.  <a href="https://www.websudoku.com/">https://www.websudoku.com/</a> <a href="https://www.englishmaven.org/Pages/Crossword%20Puzzles.htm">https://www.englishmaven.org/Pages/Crossword%20Puzzles.htm</a>	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!  <a href="https://www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/garden-activities/build-a-bug-hotel/">https://www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/garden-activities/build-a-bug-hotel/</a>	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!  <a href="https://www.duolingo.com/">https://www.duolingo.com/</a>	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	

Or why not think of your own activities that develop character and support your wellbeing and add these here.

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We would love to hear about what you've been up to so please email your mentor and let them know what you've been up to – **include pictures too!**