

PSHE Short Course: Challenge 1A6

Free resources pack



PSHE Short Course

Module 1 Emotional wellbeing

Challenge 1A6

Outcome

Explain activities that can promote positive emotional wellbeing

Physical and mental health are linked and there are many physical things we can do to support positive emotional wellbeing (eg exercise, time outdoors, interacting with others).

How to approach this challenge

Create a wellbeing timetable to schedule in acitivities throughout the week that will promote positive thinking, mindfulness and reduce stress.

My wellbeing timetable

Name:Date:PSHE Short Course: Module 1 Emotional wellbeingChallenge: 1A6

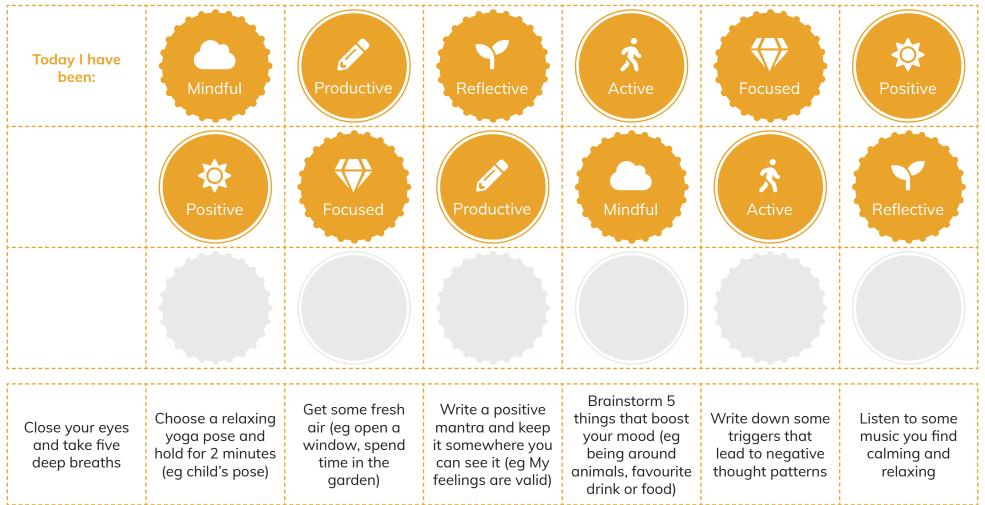
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Wellbeing stickers

Name:

PSHE Short Course: Module 1 Emotional wellbeing

Use these stickers and activity ideas to start filling in your wellbeing timetable or make your own.



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Date: