



### **100 Things to Do to Boost Your Wellbeing**

At Hazel Leys Academy, we understand that wellbeing is vital to being healthy and happy. Below is a list of 101 things to do to boost your wellbeing. We challenge you to tick off as many numbers on this list as possible. In doing so, you will be creating healthy habits such as; self-reflection, mindfulness gratuity and self-love. Some of the things on the list will take time and others, you will be able to complete faster. Some of the things can be completed daily, whilst others are more special and only needed on rarer occasions.

Let us know what number you are working on or which number (s) you have completed by tweeting @HazelLeysAcad and using the hashtag #HLAwellbeingboost- don't forget to include a picture. We can't wait to see your journey!

Complete this list:

1. Tell someone you love them	2. Ask someone how they feel.	3. Go for a long walk.	4. Learn a new skill.
5. Watch the clouds.	6. Tell someone how you feel.	7. Accept that 'no' means 'no'.	8. Make up a dance routine.
9. Learn a poem off by heart.	10. Create a self- portrait.	11. Tell someone a joke.	12. Write a thank you note.
13. Read a story.	14. Play a game.	15. Tidy your bedroom.	16. Give toys away.
17. Write a story.	18. Draw your favourite things.	19. Make a gratitude list.	20. Ask for help.
21. Try a new food.	22. Share something.	23. Stay hydrated.	24. Enjoy a sweet treat.

25. Eat your five a day.	26. Say sorry and mean it.	27. Write a poem.	28. Wave to a neighbour.
29. Stretch.	30. Keep a journal.	31. Be kind to someone.	32. Sing as loud as you can.
33. Make someone laugh.	34. Go to bed early.	35. Say please.	36. Smile in the mirror (1 minute).
37. Make someone feel proud.	38. Help make dinner.	39. Ring a family member.	40. Start the day with exercise.
41. Watch the sunrise.	42. Write a letter to yourself.	43. Create a vision board.	44. Set a realistic goal.
45. Make a puzzle.	46. Practice yoga.	47. Build a den.	48. Dress up really smart.
49. Have an indoor picnic.	50. Gaze out of the window.	51. Forgive someone.	52. Make up a new game.
53. Wear comfy clothes.	54. Give someone a long hug.	55. Think about the future.	56. Give someone advice.
57. Bring someone a snack.	58. Bake something.	59. A day with no screens.	60. Watch your favourite film.
61. Offer to help a grown up.	62. Learn a new joke.	63. Teach someone something.	64. Make breakfast.
65. Practice meditation.	66. Watch the sunset.	67. Have a cat nap.	68. Feel proud of yourself.
69. Offer to wash the dishes.	70. Smile at everyone you see.	71. Tell someone you miss them.	72. Go for a nature walk.

73. Laugh for 10 seconds.	74. Have a staring competition.	75. Count as high as you can.	76. Try origami.
77. Play catch.	78. Make a silly face.	79. Care for a plant/ animal.	80. Take the rubbish out.
81. Make your bed.	82. Create a 'picture' alphabet.	83. Wake up early.	84. Watch the birds.
85. Listen to music.	86. Look at old photos.	87. Learn about your family.	88. Say thank you.
89. Make a healthy meal.	90. Wear your favourite clothes.	91. Try to juggle.	92. Play a board game.
93. Balance on both legs.	94. Play hide and seek.	95. Smell something new.	96. Strike a pose.
97. Take 5 deep breaths.	98. Don't complain for a day.	99. Do nothing.	100. Tell someone your dreams.