

Well-Being Wednesday

22 Things for a Happier 2022

February Acts of Kindness

SEATON SLUICE FIRST SCHOOL

The Seaton Sluice First School
 'Happiness Challenge' starts on Tuesday
 22nd February will last until Tuesday
 15th March 2022. Below are some
 suggested tasks for us all to take part
 in. Good luck!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
		Talk about 3 things to look forward to this week.	Make time today to do something kind for yourself.	Do a kind act for someone else to help brighten their day!	Talk to a grown up about things you feel grateful for and why.	Take five minutes to lie down and look up to the clouds...relax!
27	28	Get moving around- do something active in the fresh air!				
Learn something new and share it with someone.	Say something nice to five people that you meet today.					