



CRE8TIVE
CURRICULUM

LIFE SKILLS
& WELLBEING



CRE8TIVE
CURRICULUM



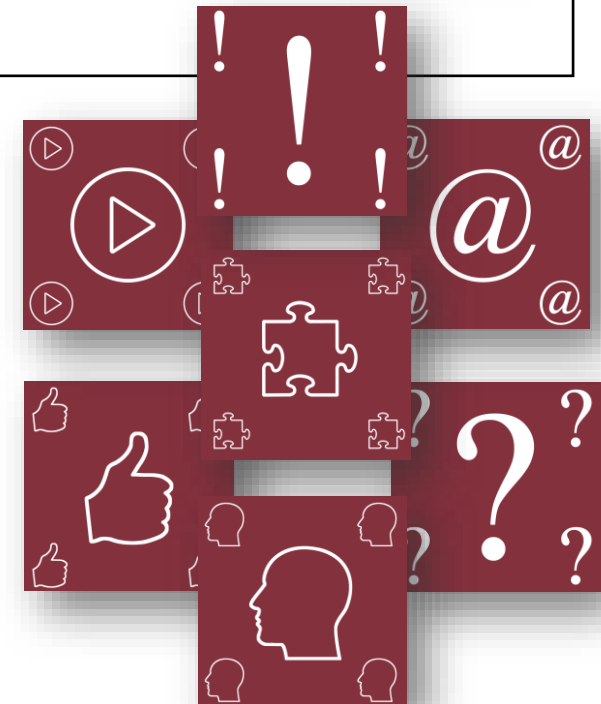
Helping families with their wellbeing and mindfulness



**“Life skills & Wellbeing
Lessons are going beyond
the classroom and into the
community”**

CRE8TIVE RESOURCES TEAM

LIFE SKILLS
& WELLBEING



What to Expect?



“Every day I will send out some suggestions of things to do to keep the mind and body well and to keep on a positive path”

CRE8TIVE RESOURCES TEAM

LIFE SKILLS
& WELLBEING



 **STAY AT HOME**

PROTECT THE NHS

 **save lives**



SUPPORTING THE COMMUNITY

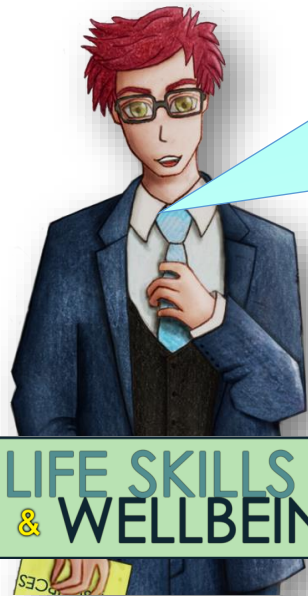
WELLBEING & MINDFULNESS

- ✓ Activities
- ✓ Quotes
- ✓ Videos
- ✓ Puzzles

 **STAY AT HOME**

PROTECT THE NHS

 **save lives**



LIFE SKILLS & WELLBEING

“Alongside our ‘daily suggestions sheet’ we will run a 60 Day Wellbeing Challenge. Download yours today and feel free to Tweet @Cre8tiveR to show us your progress”

Cre8tive Resources Team

60 Daily Tasks

Here is the plan for the First 30 Days

CREATIVE CURRICULUM

Day 1- Leave three happy notes for someone else to find in your house.	Day 2 Make a card for someone's birthday/celebration coming up	Day 3 Call a relative or friend who is far away and have a chat with them.	Day 4 Write down five things you are grateful for.	Day 5 Research three jobs / career paths that interest you.	Day 6 Download a mindfulness App (CALM) on your phone.
Day 7 Visit a virtual museum! Go online and explore the collections online.	Day 8 Get in contact with a local care home and arrange to send a letter to one of the residents.	Day 9 Go on YouTube and try... <small>The Body Coach TV 172K subscribers</small>	Day 10 Look at the last 20 photos on your phone and think about how they make you feel.	Day 11 Say something positive to everyone in your household today.	Day 12 Do something helpful for a friend or family member today.
Day 13 Do a chore in the house without being asked to do it.	Day 14 Send a positive text to ten of your friends.	Day 15 Listen to your favourite song and dance around the room.	Day 16 Stay off social media for >3 hours straight and keep yourself occupied.	Day 17 Take a selfie and note down 5 things you like.	Day 18 Play a game that you haven't played in a while.
Day 19 Think about two role models in your life. Why do they inspire you?	Day 20 Create a postcard for somewhere you have previously visited	Day 21 Play a card game or board game you haven't played in a while	Day 22 Sit down in a silent room and focus on your breathing for 5 minutes	Day 23 Email one of your teachers to say thank you for something	Day 24 Write down 5 things you are thankful for in your life.
Day 25 Write a blog about something you enjoy doing.	Day 26 Search on YouTube a "Tedx talks by kids" <small>TEDx 23.6M subscribers</small>	Day 27 Watch a film with a family member and make sure you turn your phones off.	Day 28 Make sure you get >8 hours sleep tonight. Note how you feel the next day.	Day 29 Draw a picture of what you see in your garden or out of your window.	Day 30 Make breakfast for another family member

60 Daily Tasks

Here is the plan for the Last 30 Days

CREATIVE CURRICULUM

Day 31- Find three inspirational quotes and write them down	Day 32 Create a digital photo collage using 5 images	Day 33 Write a letter or send a card (Email or E-Card) to an elderly relative	Day 34 Leave three happy notes for someone else to find in your house.	Day 35 Make a list of 10 things you want to do	Day 36 Go on YouTube and try... <small>YOGA with ADRIENE</small>
Day 37 Create a gratitude list of everything you are thankful for	Day 38 Do something nice for a sibling or parent/carer.	Day 39 Create your own Playing card with your favourite number and suit	Day 40 Find a learning podcast and try it out!	Day 41 Ensure you have 5 fruit and Veg today	Day 42 Do something helpful for a friend or family member today.
Day 43 Write down five positive things about yourself on Post-It-Notes	Day 44 Tag your friends in a pic that brings you happy memories	Day 45 Visit a virtual museum! Go online and explore the collections online	Day 46 Try to go to bed 1 hour early.	Day 47 Wake up early to watch the sun rise and see how beautiful it is	Day 48 Find a documentary on BBC iplayer and watch it
Day 49 Do the washing up today	Day 50 Look up origami and make a crane	Day 51 Play an old computer game you haven't played for ages	Day 52 Use 10 French or Spanish words today	Day 53 Research the minimum wage in the UK for different ages	Day 54 Design a new school logo for Blenheim
Day 55 Learn some British Sign Language with Charlie <small>BSL Charlie 11.7K subscribers</small>	Day 56 Make a playlist of your top 10 songs and send to a friend	Day 57 Check in with your favourite YouTuber and see how they are doing	Day 58 Build the tallest Tower you can with a single piece of A4 Paper	Day 59 How many different words can you make from these letters: "MR KINGSNORTH"	Day 60 Wear your favourite items of clothing that make you feel great






60 Daily Tasks



Here is the plan for the First 30 Days





<p><u>Day 1</u> – Leave three happy notes for someone else to find in your house. <input type="checkbox"/></p>	<p><u>Day 2</u> Make a card for someone's birthday/celebration coming up <input type="checkbox"/></p>	<p><u>Day 3</u> Call a relative or friend who is far away and have a chat with them. <input type="checkbox"/></p>	<p><u>Day 4</u> Write down five things you are grateful for. <input type="checkbox"/></p>	<p><u>Day 5</u> Research three jobs / career paths that interest you. <input type="checkbox"/></p>	<p><u>Day 6</u> Download a mindfulness App (CALM) on your phone. <input type="checkbox"/></p> 
<p><u>Day 7</u> Visit a virtual museum! Go online and explore the collections online. <input type="checkbox"/></p>	<p><u>Day 8</u> Get in contact with a local care home and arrange to send a letter to one of the residents <input type="checkbox"/></p>	<p><u>Day 9</u> Go on YouTube and try.. <input type="checkbox"/></p>  <p>The Body Coach TV 972K subscribers</p>	<p><u>Day 10</u> Look at the last 20 photos on your phone and think about how they make you feel. <input type="checkbox"/></p>	<p><u>Day 11</u> Say something positive to everyone in your household today. <input type="checkbox"/></p>	<p><u>Day 12</u> Do something helpful for a friend or family member today. <input type="checkbox"/></p>
<p><u>Day 13</u> Do a chore in the house without being asked to do it. <input type="checkbox"/></p>	<p><u>Day 14</u> Send a positive text to ten of your friends. <input type="checkbox"/></p>	<p><u>Day 15</u> Listen to your favourite song and dance around the room. <input type="checkbox"/></p>	<p><u>Day 16</u> Stay off social media for >3 hours straight and keep yourself occupied <input type="checkbox"/></p>	<p><u>Day 17</u> Take a selfie and note down 5 things you like. <input type="checkbox"/></p>	<p><u>Day 18</u> Play a game that you haven't played in a while. <input type="checkbox"/></p>
<p><u>Day 19</u> Think about two role models in your life. Why do they inspire you? <input type="checkbox"/></p>	<p><u>Day 20</u> Create a postcard for somewhere you have previously visited <input type="checkbox"/></p>	<p><u>Day 21</u> Play a card game or board game you haven't played in a while <input type="checkbox"/></p>	<p><u>Day 22</u> Sit down in a silent room and focus on your breathing for 5 minutes <input type="checkbox"/></p>	<p><u>Day 23</u> Email one of your teachers to say thank you for something <input type="checkbox"/></p>	<p><u>Day 24</u> Write down 5 things you are thankful for in your life. <input type="checkbox"/></p>
<p><u>Day 25</u> Write a blog about something you enjoy doing. <input type="checkbox"/></p>	<p><u>Day 26</u> Search on YouTube a "Tedx talks by kids" <input type="checkbox"/></p>  <p>TEDx Talks 23.6M subscribers</p>	<p><u>Day 27</u> Watch a film with a family member and make sure you turn your phones off. <input type="checkbox"/></p>	<p><u>Day 28</u> Make sure you get >8 hours sleep tonight. Note how you feel the next day. <input type="checkbox"/></p>	<p><u>Day 29</u> Draw a picture of what you see in your garden or out of your window. <input type="checkbox"/></p>	<p><u>Day 30</u> Make breakfast for another family member <input type="checkbox"/></p>

60 Daily Tasks



Here is the plan for the Last 30 Days



<p>Day 31 – Find three inspirational quotes and write them down <input type="checkbox"/></p>	<p>Day 32 Create a digital photo collage using 5 images <input type="checkbox"/></p>	<p>Day 33 Write a letter or send a card (Email or E-Card) to an elderly relative <input type="checkbox"/></p>	<p>Day 34 Leave three happy notes for someone else to find in your house. <input type="checkbox"/></p>	<p>Day 35 Make a list of 10 things you want to do <input type="checkbox"/></p>	<p>Day 36 Go on YouTube and try...  <input type="checkbox"/></p>
<p>Day 37 Create a gratitude list of everything you are thankful for <input type="checkbox"/></p>	<p>Day 38 Do something nice for a sibling or parent/carer. <input type="checkbox"/></p>	<p>Day 39 Create your own Playing card with your favourite number and suit <input type="checkbox"/></p>	<p>Day 40 Find a learning podcast and try it out! <input type="checkbox"/></p>	<p>Day 41 Ensure you have 5 fruit and Veg today <input type="checkbox"/></p>	<p>Day 42 Do something helpful for a friend or family member today. <input type="checkbox"/></p>
<p>Day 43 Write down five positive things about yourself on Post-It-Notes <input type="checkbox"/></p>	<p>Day 44 Tag your friends in a pic that brings you happy memories <input type="checkbox"/></p>	<p>Day 45 Visit a virtual museum! Go online and explore the collections online <input type="checkbox"/></p>	<p>Day 46 Try to go bed 1 hour early. <input type="checkbox"/></p>	<p>Day 47 Wake up early to watch the sun rise and see how beautiful it is <input type="checkbox"/></p>	<p>Day 48 Find a documentary on BBC iPlayer and watch it <input type="checkbox"/></p>
<p>Day 49 Do the washing up today <input type="checkbox"/></p>	<p>Day 50 Look up origami and make a crane <input type="checkbox"/></p>	<p>Day 51 Play an old computer game you haven't played for ages <input type="checkbox"/></p>	<p>Day 52 Use 10 French or Spanish words today <input type="checkbox"/></p>	<p>Day 53 Research the minimum wage in the UK for different ages <input type="checkbox"/></p>	<p>Day 54 Design a new school logo for your school <input type="checkbox"/></p>
<p>Day 55 Learn some British Sign Language with Charlie  <input type="checkbox"/></p>	<p>Day 56 Make a playlist of your top 10 songs and send to a friend <input type="checkbox"/></p>	<p>Day 57 Check in with your favourite YouTuber and see how they are doing <input type="checkbox"/></p>	<p>Day 68 Build the tallest Tower you can with a single piece of A4 Paper <input type="checkbox"/></p>	<p>Day 59 How many different words can you make from these letters: "CREATIVE RESOURCES" <input type="checkbox"/></p>	<p>Day 60 Wear your favourite items of clothing that make you feel great <input type="checkbox"/></p>