

# DRESS TO EXPRESS

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

7 - 13 FEBRUARY 2022

## WELLBEING CHALLENGE

Make wellbeing a priority during Children's Mental Health Week and take on a Wellbeing Challenge. How many wellbeing actions can you tick off in a week?

Get 8hrs  
of sleep



Do a deep  
breathing  
exercise



Go for  
a walk



Wear something  
that makes you  
feel good



Take time out to  
read a book



Eat your  
favourite food



Go for a walk in  
your local park



Drink 2L  
of water



Do 30 minutes  
of yoga



Give someone a  
compliment



Have a 'no  
social media'  
day



Catch up with  
a friend



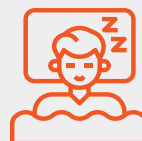
Try a 5 minute  
meditation



Listen to  
a podcast



Go to bed 30  
minutes earlier  
than usual



Write down 3  
things you're  
grateful for

