



CRE8TIVE  
CURRICULUM

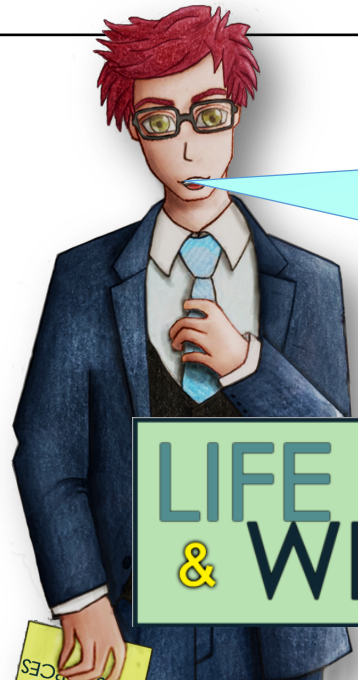
LIFE SKILLS  
& WELLBEING



CRE8TIVE  
CURRICULUM



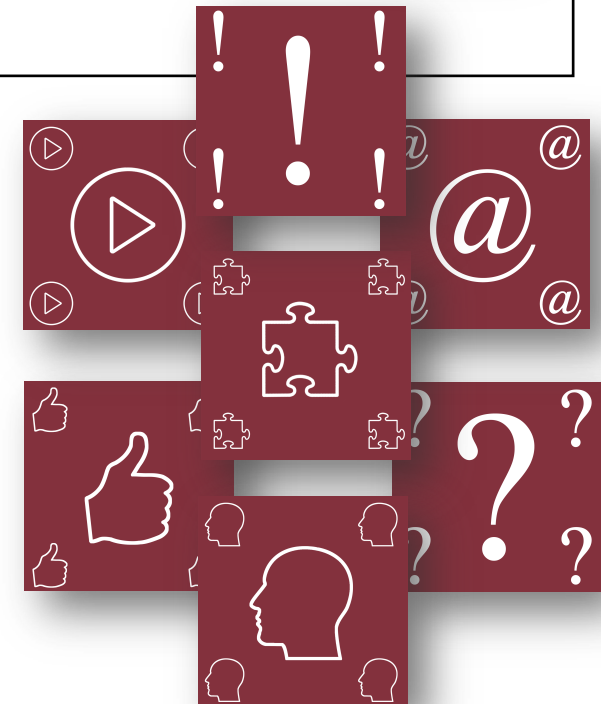
# Helping families with their wellbeing and mindfulness



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

*CRE8TIVE RESOURCES TEAM*

LIFE SKILLS  
& WELLBEING



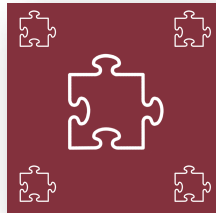
# What to Expect?



LIFE SKILLS  
& WELLBEING

“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



 **STAY AT HOME**

PROTECT THE **NHS**

 **save lives**



CRE8TIVE  
CURRICULUM

SUPPORTING THE COMMUNITY

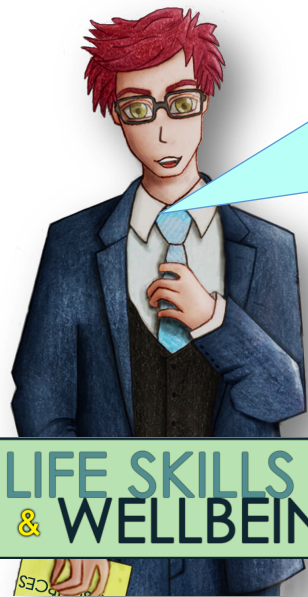
WELLBEING & MINDFULNESS

 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

CRE8TIVE CURRICULUM

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

**60 Daily Tasks**

Here is the plan for the Last 30 Days

CRE8TIVE CURRICULUM

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

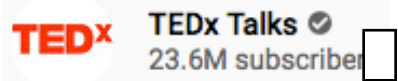


# 60 Daily Tasks



## Here is the plan for the First 30 Days



|                                                                                                                       |                                                                                                                                                                               |                                                                                                                                                                                              |                                                                                                                                   |                                                                                                                       |                                                                                                                                                                                      |
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# 60 Daily Tasks



## Here is the plan for the Last 30 Days



|                                                                                                                                                                                                                       |                                                                                                            |                                                                                                                         |                                                                                                                  |                                                                                                                                 |                                                                                                                                                                  |
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| <b><u>Day 55</u></b><br>Learn some British Sign Language with Charlie<br> BSL Charlie<br>11.7K subscribers <input type="checkbox"/> | <b><u>Day 56</u></b><br>Make a playlist of your top 10 songs and send to a friend <input type="checkbox"/> | <b><u>Day 57</u></b><br>Check in with your favourite YouTuber and see how they are doing <input type="checkbox"/>       | <b><u>Day 68</u></b><br>Build the tallest Tower you can with a single piece of A4 Paper <input type="checkbox"/> | <b><u>Day 59</u></b><br>How many different words can you make from these letters: "CREATIVE RESOURCES" <input type="checkbox"/> | <b><u>Day 60</u></b><br>Wear your favourite items of clothing that make you feel great <input type="checkbox"/>                                                  |