

100 Ways to Boost Your Wellbeing

Although we are facing new challenges at present, we can always find ways to be positive and improve our wellbeing and the wellbeing of those around us. We challenge you to try as many different activities as you can from the list below. You might enjoy some of the suggestions so much, you want to do them every day whereas others might not be for you.

We would love to see how you are prioritising your wellbeing and which activities you have completed. You can tweet us @Compass_Primary using the hashtag #CompassWellbeing100 or send us details via Facebook Messenger. We are all in this together. #Resilience #Aspiration #Responsibility

1. Have an indoor picnic	26. Listen to some music	51. Play a board game	76. Try a new food
2. Sing really loudly	27. Write a thank you note	52. Tidy your bedroom	77. Wash the dishes
3. Build a den	28. Bake something	53. Call someone	78. Go to bed early
4. Do some colouring	29. Watch a film together	54. Count the noises you hear	79. Write a story
5. Read a story to someone	30. Give someone a long hug	55. Make up a dance routine	80. Pull funny faces
6. Dance in the kitchen	31. Help make dinner	56. Create a self-portrait	81. Learn a new skill
7. Look at old photos	32. Try origami	57. Make breakfast	82. Watch the sunrise
8. Play Hide and Seek	33. Go for a long walk	58. Have a pillow fight	83. Learn a new joke
9. Make someone laugh	34. Help tidy a cupboard	59. Make your bed	84. Send your teacher a message
10. Draw your favourite thing	35. Play 'I spy'	60. Exercise before breakfast	85. Say please and thank you
11. Wave to the postman/woman	36. Wear your school uniform	61. Watch the sunset	86. Learn a poem by heart
12. Look for pictures in the clouds	37. Tell someone you love them	62. Pretend you are a reporter	87. Dress up really smartly
13. Learn how to make a sandwich	38. Lie on the floor for 5 minutes	63. Have a staring competition	88. Count the birds you see
14. Draw/create a compass	39. Count as high as you can	64. Learn to tie your shoelaces	89. Try a new hairstyle
15. Create (not write) your name	40. Put your clean clothes away	65. Tell someone how you feel	90. Ask someone how they feel
16. Say sorry and mean it	41. Create a secret handshake	66. Learn to juggle	91. Be kind to someone
17. Start a diary	42. Practise your signature	67. Learn about your family	92. Have a nice long bath/shower
18. Design a Secret Island	43. Offer to help someone	68. Take someone a drink	93. Share something with someone
19. Tell somebody your dream job	44. Smile at everyone you see	69. Listen to a story	94. Wave to a neighbour
20. Watch a nature programme	45. Pretend to be famous	70. Create a secret code/language	95. Play 'shops'
21. Make paper aeroplanes	46. Make a tower	71. Dress up in someone else's clothes	96. See how long you can be silent for
22. Learn the alphabet (backwards)	47. Try some Yoga	72. Have a pyjama day	97. Smell something new
23. Pretend to be a waiter/waitress	48. Play Catch	73. Strike a pose	98. Laugh for 10 seconds
24. Have a nap	49. Drink lots of water	74. Help with the housework	99. Tell someone why they are the best
25. Make up a play and perform it	50. Have a day with no screens	75. Think about what makes you happy	100. Find something in your house to represent each colour of the rainbow