

# THA Wellbeing Challenge

# What is it?

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The Thistley Hough Academy would like to support you during your transition.

This PowerPoint provides many different facts to support your health and wellbeing. There are also challenges which you can choose to complete.



# The laughing challenge

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**Laughing Can Increase  
Blood Flow by 20%**



**To complete this challenge take a photo of you laughing.**

Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humour lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner.

Source: WebMD

**+HE GOOD BODY**

# The exercising challenge

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**Exercise Will Give You More Energy, Even When You're Tired**



Source: Realbuzz

**+HE GOOD BODY**

**Complete at least 30 minutes of moderate to vigorous exercise. For evidence take a photo during or afterwards.**

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week.

Children and young people should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.

Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity.

In children and young people, regular physical activity is associated with improved learning and attainment, better mental health and cardiovascular fitness, also contributing to healthy weight status. In adults, there is strong evidence to demonstrate the protective effect on physical activity on a range of many chronic conditions including coronary heart disease, obesity and type 2 diabetes, mental health problems and social isolation.

# Washing hands “happy birthday X2” challenge

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**Humans Can Cough at 60 Miles an Hour and Sneezes Can Be 100 Miles an Hour**



Source: Houston Chronicle

**+HE GOOD BODY**

**Wash your hands for 20 seconds with warm water and soap. Take a photo or record yourself completing this challenge.**

Washing your hands is one of the easiest ways to protect yourself and others from illnesses such as food poisoning and flu. You should wash your hands:

- after using the toilet or changing a nappy
- before and after handling raw foods like meat and vegetables
- before eating or handling food
- after blowing your nose, sneezing or coughing
- before and after treating a cut or wound
- after touching animals, including pets, their food and after cleaning their cages

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can spread illnesses such as food poisoning, flu or diarrhoea.

# The scent challenge

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## The Nose Knows: It Can Remember 50,000 Different Scents



Source: HowStuffWorks

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**Be mindful in order to find your favorite scent and take a picture with it.**

Gather a variety of objects, take your time exploring the different scents. You could ask your family member to help you with this task, by blindfolding yourself and trying to guess the scents which they choose.

# The mindful breathing challenge

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**Breathing Deeply Can Improve Circulation, Decrease Anxiety Levels and Reduce Blood Pressure**



Source: Sports Fitness Network

**+HE GOOD BODY**

To complete practice mindfulness everyday for one week, share a photo of you practicing mindfulness.

The free headspace app can help you on your way to being mindful.

# The “switch off” challenge

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## The Blue Light in Phones Can Mess with Your Circadian Rhythm



Source: Scientific American

+HE GOOD BODY

To complete turn off your phone or electronic device at least one hour before bed, every night for one week. Write down what time you switch your phone off each night and share.

Avoid using smartphones, tablets or other electronic devices for an hour or so before you go to bed as the light from the screen on these devices may have a negative effect on sleep.



# The hydration challenge

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**Your Muscles and Joints Require Water in Order to Stay Energized, Lubricated and Healthy**



Source: Absopure Water Company

**+HE GOOD BODY**

**To complete drink at least 6 mugs of water a day for one week.**

Water makes up two thirds of our body. It is vital we drink enough fluid to maintain a healthy balance. Many people get dehydrated by not drinking enough fluid or by losing fluids and not replacing them.

If you're active, or if the weather is particularly hot, there's a greater risk that you will become dehydrated. To stay hydrated, you should increase your fluid intake.

# The stretch challenge

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**Stretching Increases the Blood Flow to Your Muscles, Which Helps Avoid Injuries**



Source: Lifehack

**+HE GOOD BODY**

**Choose 4 stretches and complete each stretch for 30 seconds. Either take a photo of you stretching or write your stretches on a piece of paper.**

Stretching for sport and exercise improves flexibility, which increases the ability of a joint to move through its full range of motion; in other words, how far it can bend, twist and reach.

# The daily step challenge

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**The Average Moderately Active  
Person Walks Approximately  
7,500 Steps a Day**



Source: SnowBrains

**+HE GOOD BODY**

Try to eventually walking 10,000 steps in day, using a smart watch, phone app or pedometer will help you to track your steps.

NHS choices recommend that we each take 150 minutes of active exercise per week, this includes brisk walking. 10,000 steps per day is very likely to ensure that you exceed this goal. If you're not very active, increase your walking distances gradually. No one expects 10,000 steps on the first day!

# The walking challenge

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**By Walking at a Fast pace for Three Hours or More at Least Once a Week, You Can Reduce Your Risk of Heart Disease by up to 65%**



Source: Crazy Health Facts

**+HE GOOD BODY**

**Walk for 30 minutes for 6 days of the week. Take a photo of you on your walk.**

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day, therefore completing this challenge will help you in reaching this goal.

# The sunshine challenge

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**Vitamin D Is as Important as  
Calcium in Determining Bone Health**

**VITAMIN**  
**D**

Source: Whole Living

**+HE GOOD BODY**

**Spend time outside in the sunlight. Take a photo and share.**

Vitamin D is essential for healthy bones. In the UK we get most of our vitamin D from sunlight exposure from around late March/early April to the end of September.

# Couch to 5k challenge

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**Walking Outside Can Reduce  
Negative Thoughts and  
Boost Self-esteem**



Source: The Washington Post

**+HE GOOD BODY**

**Begin the couch to 5K challenge.**

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day, therefore completing this challenge will help you in reaching this goal.

Information can be found here: <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

# The yoga challenge

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## Yoga Can Boost Your Cognitive Function and Lower Stress



Source: Huffington Post

+HE GOOD BODY

**Complete two sessions of yoga in one week.**

Yoga has many benefits, some of the benefits are:

- increased flexibility.
- increased muscle strength and tone.
- improved respiration, energy and vitality.
- maintaining a balanced metabolism.
- cardio and circulatory health.
- improved athletic performance.
- protection from injury.

You can find yoga sessions here:

[https://www.youtube.com/results?search\\_query=yoga](https://www.youtube.com/results?search_query=yoga)

# Take note challenge

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**Writing Things out by Hand  
Will Help You Remember Them**



Source: Science Alert

+HE GOOD BODY

**Write a to do list.**

Writing notes can help you remember things, taking notes can also help relieve stress as you have a clear structure of what you need to do.

It is also useful to have note pad by your bed at night a you can write down any thoughts or worries to enable a better nights sleep.



# The connect challenge

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**Staying in Touch With Family and Friends Is Good for Your Health, Memory and Longevity**



Source: Health.com

+HE GOOD BODY

**Speak to your friends or family on the phone or on video call.**

Its it currently really difficult not seeing our friends and family. So it is important to keep in touch with our loved ones and ensure that they are safe and well too.

# The reading challenge

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**Reading Can Lower Levels of  
Unhealthy Stress Hormones**



Source: Reader's Digest

+HE GOOD BODY

**Read at least one book. Then share what you enjoyed about the story.**

When we read, not only are we improving memory and empathy, but research has shown that it makes us feel better and more positive too.

# The brain boost challenge

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**Learning a New Language or  
Playing a Musical Instrument  
Gives Your Brain a Boost**



Source: BC Living

+HE GOOD BODY

**Learn something new!**

If we keep learning it can have a positive impact on maintaining and improving our mental health and wellbeing.

# The meal chart challenge

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**Nearly 30% of the World's Population Is Obese**



Source: Institute for Health Metrics and Evaluation

**+HE GOOD BODY**

To complete make a meal chart for each day of the week and write a shopping list with the prices attached.

Make sure your family get involved too, so every has a choice of the meals which they enjoy.

The change for life food scanner app can help you to make healthier choices:

<https://apps.apple.com/gb/app/change4life-food-scanner/id1182946415>

# The early rise challenge

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**Too Much Sitting (and Sleeping)  
Can Increase Your Chances  
of an Early Death**



Source: The University of Sydney

+HE GOOD BODY

**Take a photo of you waking up early.**

Waking up can leave you feeling more energised, more organised and it will also give you more opportunity to get daily tasks done.

# The vegetable challenge

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**To complete plan seeds to start to growing your own vegetables.**

Help and tips can be found here: <https://www.rhs.org.uk/advice/grow-your-own/vegetables>

Growing your own vegetables can increase overall levels of physical activity and fitness, burn more calories and hence contribute to healthy weight management and reducing the risk of obesity. It can also increase healthy fruit and vegetable consumption.

# The welly challenge

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**To complete go outdoors on a raining day and complete a walk in the rain. Ensure you wear appropriate clothing. Then share a phot of you on a rainy day walk.**

Being outside and amongst nature is so good for us all, Being outdoors has a positive influence on our mental health.

# The den challenge

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**Build a den either inside or outside, then share a photo of your den.**

Constructing a den requires planning, imagination and creativity.



# The bake off

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**Bake something of your choice, then take a photo and share.**

Baking is a form of mindfulness. The benefits of mindfulness and meditation have become very well-known and include a reduction in stress and increased happiness. Baking requires a lot of attention while you focus on weighing, measuring and following the recipe. As long as you are focusing on taste and smell and are present in the moment of creation, the act of mindfulness in the current moment can result in even further stress reduction.

# The rolling challenge

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**To complete find a big hill and roll down it.**

This activity will help to promote laughter. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh.

# The 5 a day challenge

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**Eat your 5 a day for one week. Share your recipes, food diary's or photos of you eating / cooking.**

Fruit and vegetables are a great source of vitamins, minerals and fibre, and are an important part of a healthy, balanced diet. Eating plenty of fruit and veg helps keep us healthy, and may reduce the risk of disease and some cancers.

# The sugar free challenge

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**To complete go sugar free for at least one day. Write a food diary and share.**

Limiting the amount of sugar you eat and drink is important to prevent tooth decay.

A lot of the sugars we eat and drink are in food and drinks such as: sweets, chocolate, cakes and biscuits. Sugary drinks, including soft drinks, fizzy drinks, milky drinks with added sugar, and alcohol. Fruit juice, including unsweetened fresh fruit juice and smoothies. Buns, pastries and fruit pies. Sponge puddings and other puddings. Table sugar added to food or drinks, such as tea. Sugary breakfast cereals. Jams, marmalades, honey and syrups. Ice cream and sorbets. Dried fruit or fruit in syrup. Syrups and sweet sauces.

# The colouring challenge

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**Complete a drawing or a colouring then take a photo and share.**

Colouring and drawing improves fine motor skills, encourages focus, and nurtures creativity.

# The sleep challenge

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**To complete ensure you sleep at least 9 hours every night for one week. You can either write down your bed times and wake up times to share. Or some smart tracker record sleep patterns and you can share this data.**

Good sleep is important for your physical and mental wellbeing.

A relaxing bedtime routine is one important way to help you to get a good night's sleep.

# The teeth challenge

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**To complete the challenge Brush your teeth with fluoride toothpaste twice a day for about 2 minutes to help keep your teeth and mouth healthy. Create a chart to record, then at the end of the week share your chart.**

Plaque is a film of bacteria that coats your teeth if you don't brush them properly. It contributes to gum disease and tooth decay.

Tooth brushing stops plaque building up. Try to make sure you brush every surface of all your teeth.

Check out Brush DJ on our Digital Apps Library. The app plays 2 minutes of your music so you brush your teeth for the right amount of time.

Brush your teeth for about 2 minutes last thing at night before you go to bed and on 1 other occasion every day.

# Completed Challenges

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Please share your photos with Mrs Howle at [Isabelle.howles@thistleyhoughacademy.org.uk](mailto:Isabelle.howles@thistleyhoughacademy.org.uk)