gcsepod

30 Day Wellbeing Challenge

Day 1 — Go for a 30 minute walk

Day 2 — Watch your favourite film

Day 3 — Do 20 minutes of exercise

Day 4 — Have a lie in

Day 5 — Drink at least 2 litres of water today

Day 6 — Play a board game or online puzzle

Day 7 — Be outside for at least 1 hour today

Day 8 — Make a to-do-list of 5 things and do them

Day 9 — Have a digital-free night

Day 10 — Read 1 chapter of a book

Day 11 — Listen to your favourite music

Day 12 — Declutter your room today

Day 13 — Pay someone a compliment today

Day 14 — Write down 3 things you are grateful for

Day 15 — FaceTime a friend or family member

Day 16 — Eat some healthy food today

Day 17 — Do a favour or good deed

Day 18 — Try an online yoga session

Day 19 — Move as much as possible

Day 20 — Write down 3 positives about you

Day 21 — Go to sleep one hour earlier

Day 22 — Start an aspiration journal

Day 23 — Watch your favourite TV show

Day 24 — Have a PJ day

Day 25 — Practice mindfulness exercises

Day 26 — Go on an early morning walk

Day 27 — Try meditation for 10 minutes

Day 28 — Cook something new

Day 29 — Create a mood board representing how you're feeling

Day 30 — Find a quote that inspires you

Share your progress on social media! Remember to tag @GCSEPod and use the hashtag #podwellbeingchallenge