

## The "Feel Good Five" Challenge Sheet



Use this space to draw a picture of you and your family. Label the people and how they are connected to you.

### The "Feel Good Five" Challenge Record

Ask one of your family members to sign in the box each time that you have met one of the challenge points.

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>
<b>Connect</b>						
<b>Be Active</b>						
<b>Take Notice</b>						
<b>Learn</b>						
<b>Give</b>						

## The “Feel Good Five” Challenge Sheet Tips and Hints

Here’s a reminder of the “Feel Good Five” with just a few suggestions, you’ll probably think of lots of examples of your own.

1. **Connect** – talk with someone in your family and really **listen** to what they have to say, perhaps ask about something that happened during the day, or perhaps find out how he or she is feeling today and why that is. Remember to connect with God for some time each day too. What might he be saying to you as a family today?

2. **Be active** – do something active with your family like going for a walk, jog or cycle or play a game indoors that gets you moving. Maybe, as a family, work out with Joe Wicks PE videos!

3. **Take notice** – take a bit of time to notice things around you, perhaps have a mindful moment, notice what you can see, hear, smell, feel. Perhaps notice (**see**) what the people around you are up to, how they are feeling or acting. Why not really **look** closely at a leaf or flower and think about it or describe it? Or properly **feel** the bark of a tree in your garden if you have one. Close your eyes and listen closely to what you can really **hear**. Take some time to pause and think about God in this same way. “Be still and know that I am God” Psalm 46:10

4. **Learn** – We’re learning new things all the time. See if you can find out something new, an interesting fact, perhaps learn a new skill like knitting or French or verses from the Bible, you could write fact files about your family’s favourite things.

5. **Give** – Especially at this time, think of an opportunity to show kindness to someone else. Being kind to others actually makes you feel good so it’s a kindness for you as much as the person on the receiving end! Try doing something to help out around the house, maybe an opportunity to share with someone, maybe write a card or a letter or draw a picture for a neighbour or just say something kind.

Have fun and let me know how you’re getting on!

I’m sure I can find prizes for all “Challengers”, young and old, when we can meet up again!! So, come on, what’s stopping you?

Karen