

WP WELLBEING

CHALLENGE

SUMMER 2024

KEEP
LEARNING

GET
ACTIVE

CONNECT

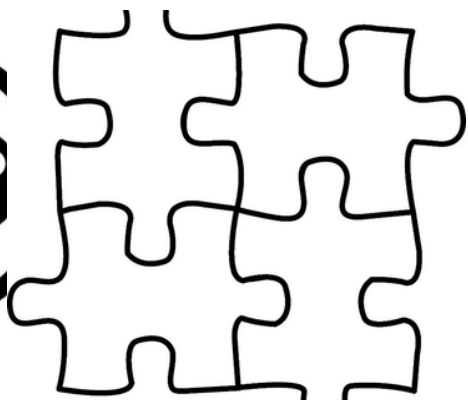
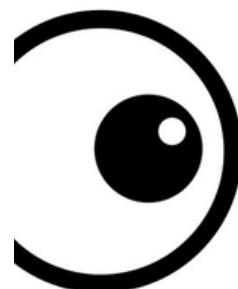
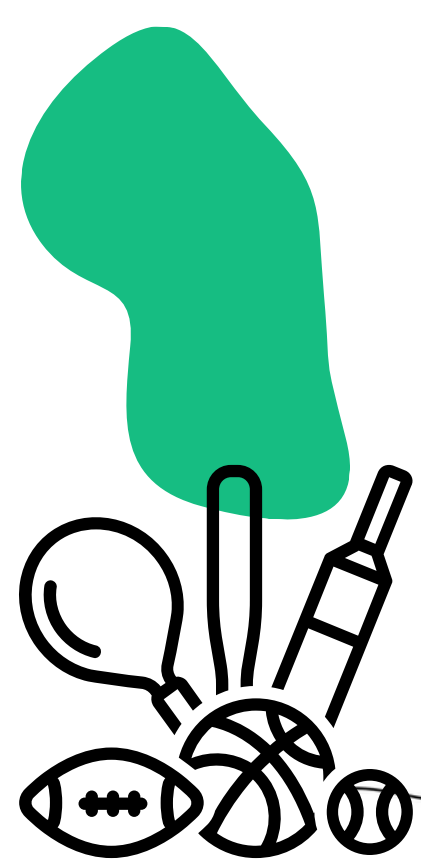
GIVE

TAKE
NOTICE

Westbury Park School



Together we discover tomorrow



WP READING CHALLENGE WP READING CHALLENGE WP READING CHALLENGE

SUMMER 2024

Read a book that...

starts with
the same
letter as
your name

is from the
book list
from the year
that you are
about to go
into

has a one
word title

has won an
award

is the debut
novel by an
author

has been
recommended
to you by a
teacher, a
friend or a
family member

you will
recommend
to your
class in
September

your mum
or dad read
when they
were
children

you can
read to
younger
children

is about a
journey

has
animals in
it

is set in the
UK

WP ACTIVE CHALLENGE WP ACTIVE CHALLENGE WP ACTIVE CHALLENGE

SUMMER 2024

Why not try....

a sport you haven't played before

walking somewhere with your family

cycling a short distance

swimming!

setting yourself a target number of steps each day

creating a family sports day!

running around your local park every time you go

dancing to your favourite song!

walking a dog.

hula hooping!

making up your own sport!

racing with your friends.

WP CONNECT CHALLENGE WP CONNECT CHALLENGE WP CONNECT CHALLENGE

SUMMER 2024

Why not try....

writing to a friend or family member who lives far away

sending a postcard

ringing a family member or a friend

playing a board game with people in your house

drawing a picture that you can display in your classroom in September

making a playlist of songs you can share

helping your mum or dad to cook a meal

reading a book with someone in your family

planting in your garden

walking somewhere peaceful with your family

eating lunch or tea with your family

baking some cakes and sharing them

WP TAKE NOTICE CHALLENGE WP TAKE NOTICE CHALLENGE WP TAKE NOTICE CHALLENGE

SUMMER 2024

Why not try....

writing down the things you are grateful for

writing a diary of your summer

starting a new, quiet hobby like knitting or drawing

talking to your friends and family about your day

looking at the world we live in and noticing things you love about it

taking a photograph of places you visit

making a memory book of your summer holiday

tidying your room and making it a calm place to be

looking after a plant or an animal

playing I spy!

looking out of your window and seeing how it changes

helping a friend or neighbour

WP GIVING CHALLENGE WP GIVING CHALLENGE WP GIVING CHALLENGE

SUMMER 2024

Why not try....

smiling at
people as
you walk
by

saying
thank
you

holding a
door open
for someone

making a
homemade
card for
someone

giving
someone you
love a hug

sending
some old
toys and
clothes to
charity

sharing with
others-
maybe your
siblings or
friends

offering to
do some
chores
around the
house

listening to
your
friends and
family

offer to help
someone
who needs it

offering your
time to
someone-
maybe reading
to a younger
sibling

listening to
your
friends and
family