

Activity sheet





My daily routine challenge

How can you build activities into your day to help you feel good and boost your mental and physical wellbeing?

There are all sorts of ideas for activities that you can add to your daily routine to help you feel good. Ideally, aside from the things you have to do like schoolwork and chores, for a balanced sense of wellbeing, you should aim to do something creative, something active, something to help you feel like you are improving yourself and something just for you.

Take a look at the bank of ideas on the next page to help you choose what you might add to your daily routine below. You can also add in your own ideas. Then fill in the schedule. You can change this up next week so you can try different things.

First name

Early morning	
Late morning	
Afternoon	
Evening	

Activity sheet

My daily routine challenge

Wellbeing ideas

Creative and fun ideas	Active ideas	Improve yourself	Self-care
Baking or cooking	Practise football skills	Music practice	Have a shower or bath
Reading	Host a kitchen disco	Sports practice	Floss teeth
Painting or other art	Go for a family walk	Learn a new hobby e.g. a dance	Fold away or hang up your clothes
Listen to feelgood music	Take a bike ride	Practise art skills	Tidy bedroom
Write a story, play or song	Do a virtual exercise class	Learn to cook something new	Meditate/yoga
Make a card and send it to a friend or family member	Build an obstacle course	Help someone else, e.g. writing a letter	Find a fun way to be active for an extra 15 minutes
Take part in a virtual museum visit	Play on Wii fit	Get coding	Listen to relaxing music

Once you have completed the challenge, share your plan with us at @PLCommunities and hashtag #PLPrimaryStars or email it in to us at plprimarystars@premierleague.com for a chance to be featured as our Star of the Week.

