

# 7 Day WELLNESS PLAN

Monday

**GO FOR A NATURE WALK.** As you walk, exercise all your senses. Take in a view, take a deep breath, listen to bird song.  
**DID YOU KNOW?** Across Compassion projects children take part in different educational activities; for children aged 3 to 5 this includes learning about their five senses.

Tuesday

**COMPLIMENT SOMEONE.** Giving genuine compliments can increase your empathy and give your wellbeing a boost.  
**DID YOU KNOW?** Through Compassion project activities, children are encouraged to build friendships which increases their social skills and confidence.

Wednesday

**SET A NEW FITNESS GOAL.** Physical activity can boost your energy levels and improve your mood.  
**DID YOU KNOW?** We have different types of physical challenges that run throughout the year, find out more at: [challenges.compassionuk.org](http://challenges.compassionuk.org)

Thursday

**A RANDOM ACT OF KINDNESS.** Helping others can reduce your stress levels and increase your mental wellbeing.  
**DID YOU KNOW?** For the 3 to 5 year olds in the Compassion programme socio-emotional lessons might include learning how to treat others.

Friday

**DRINK PLENTY OF WATER TODAY.** Keeping hydrated can improve your concentration and help to boost productivity.  
**DID YOU KNOW?** Children and their families are taught about the importance of safe water.

Saturday

**PLAN A HEALTHY MEAL.** Eating a balanced diet, rich in vitamins, can help improve your mood and overall wellbeing.  
**DID YOU KNOW?** Thanks to their sponsor, children receive nutritional support to keep them well and healthy.

Sunday

**MEDITATE ON GOD'S WORD.** Put time aside to focus on encouraging Bible verses that remind you of God's promises in your life.  
**DID YOU KNOW?** Through the local church, children have opportunities to hear how much God loves them.