

The title "WELLBEING ACTIVITIES" is written in a bold, orange, hand-drawn font, centered within a large white speech bubble that is part of a larger orange circular graphic.

WELLBEING
ACTIVITIES



WELLBEING WORDSEARCH

Find all ten positive words below in the letter grid. The words are all forwards and are either vertical or horizontal. Can you find any other random words in there too? (You can find the solution on [page 6](#)).

HAPPY

CONNECT

LAUGH

WELLBEING

ACTIVE

LOVE

FRIENDS

GIVE

INSPIRE

FAMILY

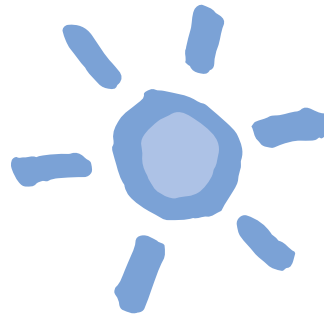
NOTICE

BREATHE

KINDNESS

LEARN

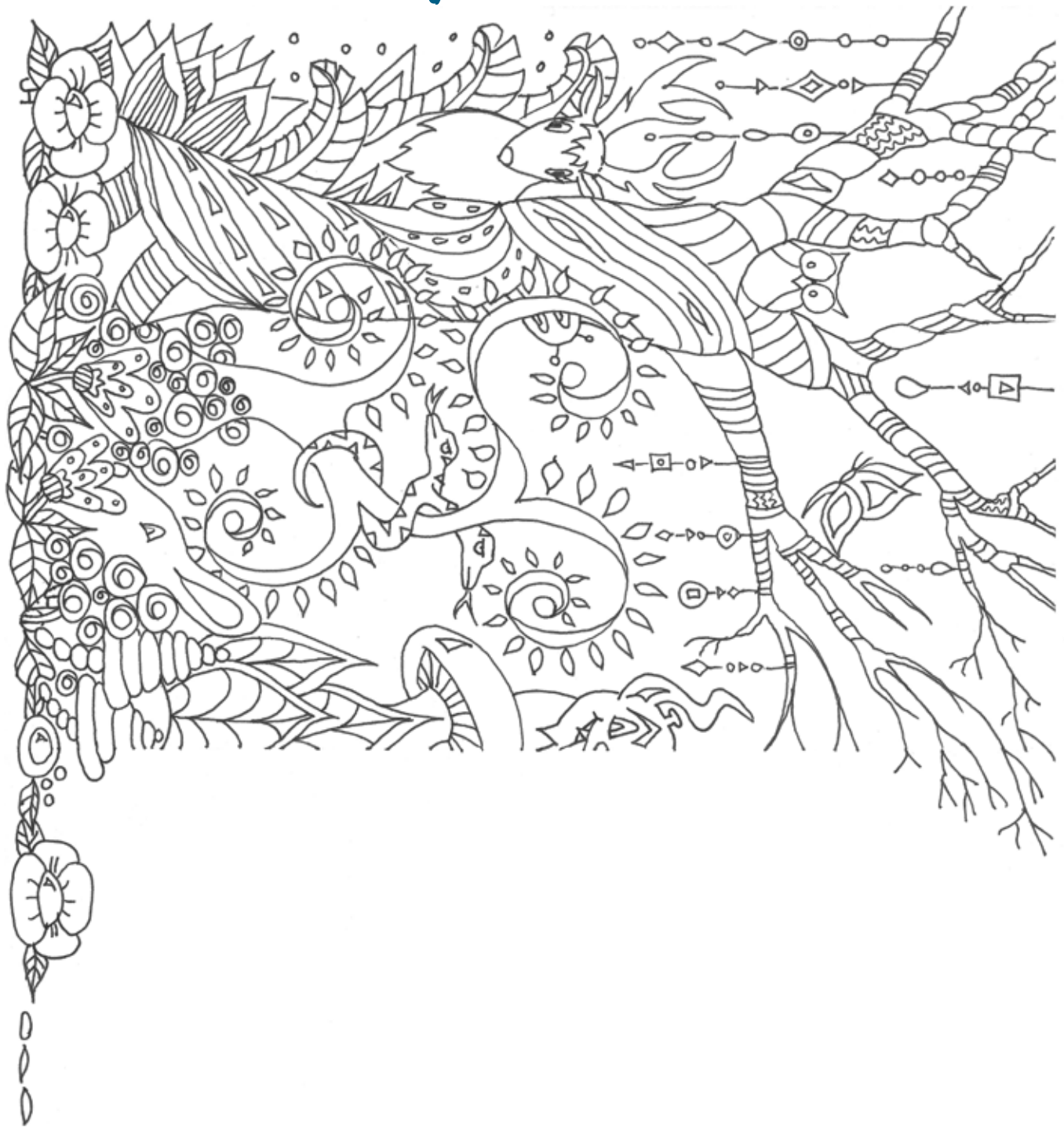
SMILE



J	F	K	D	V	B	R	E	A	T	H	E
R	R	Q	E	I	N	D	D	I	S	J	N
K	I	N	D	N	E	S	S	N	Z	Q	Q
O	E	E	F	C	W	T	U	S	I	W	I
M	N	Y	H	A	P	P	Y	P	X	E	V
X	D	H	M	C	N	C	R	I	S	L	E
Y	S	L	L	O	V	E	Q	R	U	L	W
L	E	A	R	N	C	R	U	E	M	B	O
U	V	B	C	N	O	T	I	C	E	E	E
S	M	I	L	E	N	M	I	L	P	I	U
H	K	D	A	C	T	I	V	E	S	N	C
S	P	H	M	T	B	T	L	A	U	Q	H
F	A	M	I	L	Y	D	Z	V	N	I	K

COLOURING IN

Space for you to finish the picture.



WELLBEING SCAVENGER HUNT

Here's a scavenger hunt with a difference! It's all about wellbeing and thinking about what helps us to feel happy, calm and positive. Feel free to add other items to this list, such as something that reminds you of other family members – grandparents, aunts, uncles, cousins – or a special friend, teacher or pet. You could also make it an activity for the whole family and turn it into a 'show and tell' session. You might find each other's items inspiring!



WELLBEING SCAVENGER HUNT

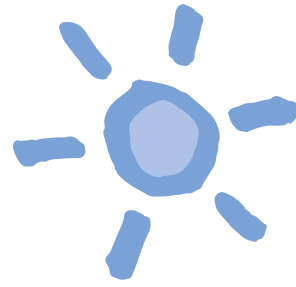
- _____ makes you happy
- _____ makes you feel calm
- _____ makes you laugh
- _____ reminds you of someone you love
- _____ helps you sleep
- _____ makes you feel grateful
- _____ makes you think of your friends
- _____
- _____

FOR PARENTS/CARERS

Sometimes thinking about feelings may bring up more challenging emotions for children and it may be helpful for parents/carers to talk about these with them. You can find some guidance on this from our experienced mental health trainers on our website: charliewaller.org/information/mental-wellbeing/talking-to-children-about-feelings

MINDFULNESS COLOURING

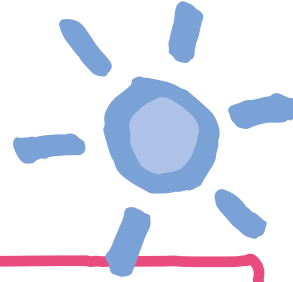
Take some quiet time out to do some colouring in and give your completed colouring to a friend or family member to brighten their day.



GENERAL KNOWLEDGE QUIZ



Get your friends together and host a virtual quiz via video chat. Ask one of the parents to be your quiz master and think of a suitable prize for the winners. Here are some questions you could use or you can create your own. You will find the answers to this quiz on [page 6](#).



Round one - Numbers

1. How many sides does a hexagon have?
2. How many strings does a violin have?
3. How many years are there in a millennium?
4. How many holes are there in a standard ten pin bowling ball?
5. How many pockets does a snooker table have?
6. How many hours are there in 3 days?

Round two - General knowledge

1. What is the largest brass instrument in an orchestra?
2. In which country would you find the Pyramids?
3. What is H₂O commonly known as?
4. What is the name of the invisible line that runs round the middle of the earth?
5. Which is the largest planet in the solar system?
6. What are the three primary colours?

Round three - Films

1. What is the name of the Snowman in the film 'Frozen'?
2. What sort of animal is the video game character 'Sonic'?
3. In 'The Jungle Book' what kind of animal is 'Baloo'?
4. What magical item does Aladdin use to fly on?
5. What is the name of Harry Potter's pet owl?
6. Pongo and Perdita appear in which animal film?

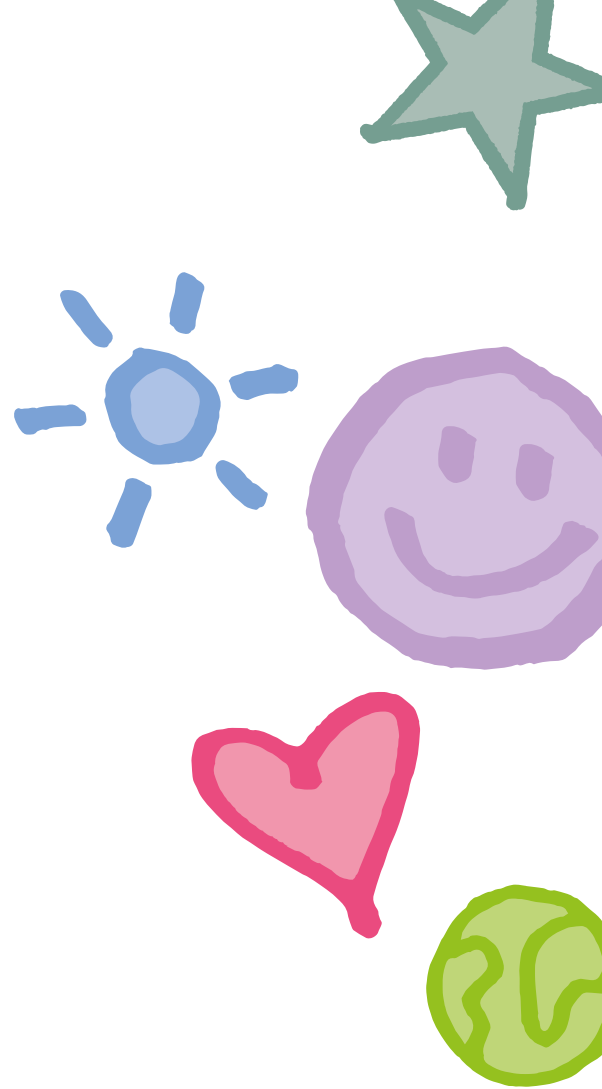
Round four - Animals

1. What sort of creature is a 'dingo'?
2. What is the name given to an animal that only eats plants?
3. What colour is a giraffe's tongue?
4. What food makes up nearly all of a giant panda's diet?
5. What is the largest type of 'big cat' in the world?
6. What is the fastest land animal in the world?

ANSWERS

Wordsearch:

J	F	K	D	V	B	R	E	A	T	H	E
K	R	G	E	I	N	D	D	I	S	J	N
K	I	N	D	N	E	S	S	N	Z	Q	Q
O	E	E	F	C	W	T	U	S	I	W	I
M	N	Y	H	A	P	P	Y	P	X	E	V
X	D	H	M	C	N	C	R	I	S	L	E
Y	S	L	L	O	V	E	G	R	U	L	W
L	E	A	R	N	C	R	U	E	M	B	O
U	V	B	C	N	O	T	I	C	E	E	E
S	M	I	L	E	N	M	I	L	P	I	U
H	K	D	A	C	T	I	V	E	S	N	C
S	P	H	M	T	B	T	L	A	U	G	H
F	A	M	I	L	Y	D	Z	V	N	I	K



General quiz:

Round one

1. 6
2. 4
3. 1000
4. 3
5. 6
6. 72

Round two

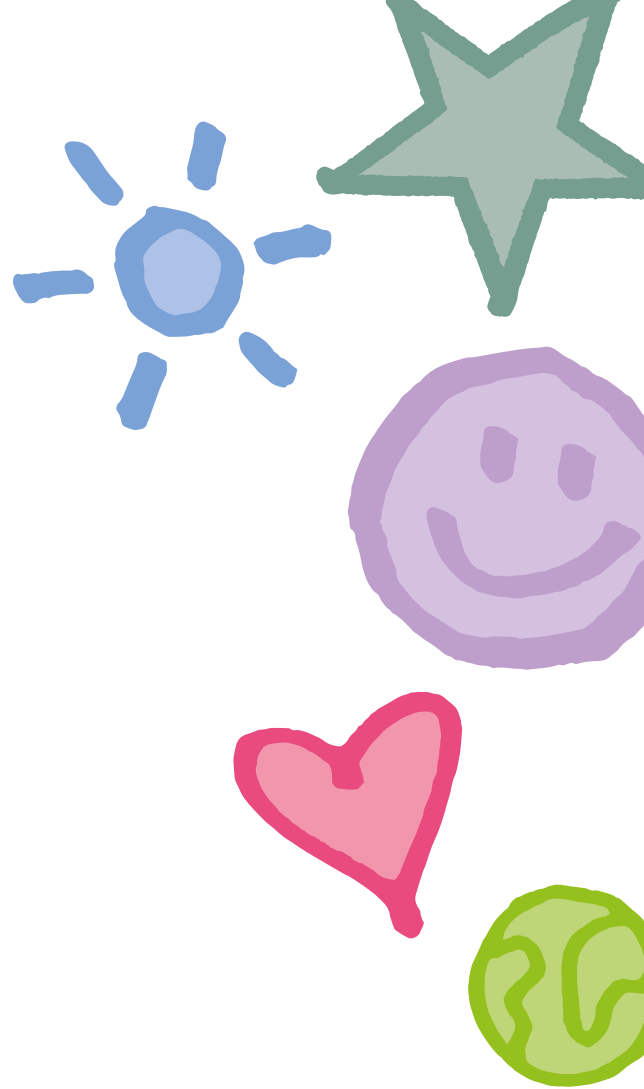
1. Tuba
2. Egypt
3. Water
4. Equator
5. Jupiter,
6. Red, blue, yellow

Round three

1. Olaf
2. Hedgehog
3. Bear
4. Carpet
5. Hedwig
6. 101 Dalmations

Round four

1. Wild dog
2. Herbivore
3. Blue
4. Bamboo
5. Tiger
6. Cheetah



The Charlie Waller Trust (CWT) was set up in 1997 in memory of Charlie Waller, a young man who took his own life whilst suffering from depression. CWT raises awareness of depression and other mental health problems, fights stigma, provides education and training to schools, universities, workplaces, GPs and nurses, and encourages those who may be depressed to seek help. Visit www.charliewaller.org for further information.

GET IN TOUCH

hello@charliewaller.org
01635 869754

FIND OUT MORE

charliewaller.org

FOLLOW US



SUPPORTING US

If you have found this resource useful please consider donating to help us continue our work



Text

To donate £10 **Text 'CWT' to 70085**

This costs £10 plus the cost of a standard rate message



Online

Visit charliewaller.org/donate

The Charlie Waller Trust

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The Charlie Waller Trust is a registered charity in England and Wales 1109984.
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