

This is a challenge for you, not the children.

It is half term coming up and I thought it might be nice to do something for you for a change. I am sure you will be doing some wonderful wellbeing activities anyway but here is our 'Take ten' challenge. Hope you enjoy it.

If you want to tag me on [Instagram](#) then please use the hashtag '#elsataketen' and I will keep a look out and share any that I get tagged in, in my stories.

You can also post any photos in the [ELSA group](#) or [Twitter](#) (with hashtag #elsataketen and I will be happy to retweet.

♡Debbie♡



Elsa-Support's '**TAKE TEN**' Half term Wellbeing Challenge

Write a list of your
TOP TEN
songs of all time. Spend
some time listening to
them and remembering
the good times

1.

Spend some time outside
in nature. Walk mindfully
through fallen leaves and
TAKE TEN
photos of your walk.

2.

DRAW TEN
doodles today. Your
doodles can be items,
patterns or anything at
all.

3.

Find a box, and put in
TEN THINGS
that make you feel happy.
This can be your sadness
kit. You could have bath
bombs, hot chocolate,
oils, soaps, books or
anything at all just for you

4.

Make a list of your
TOP TEN
books. Pick one of them
to read again.

5.

Make a list of
TEN THINGS
you are grateful for

6.

FIND TEN
quotes that you love and
make a list of them

7.

Record your efforts by taking photos and share on Instagram or the Facebook group with the hashtag #elsataketen

DAY ONE

TOP TEN SONGS



1.

6.

2.

7.

3.

8.

4.

9.

5.

10.



DAY TWO



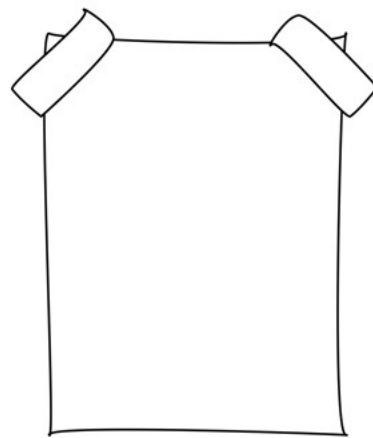
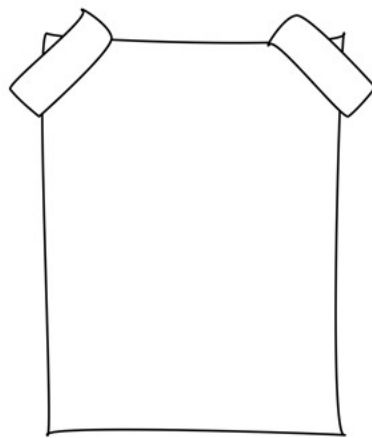
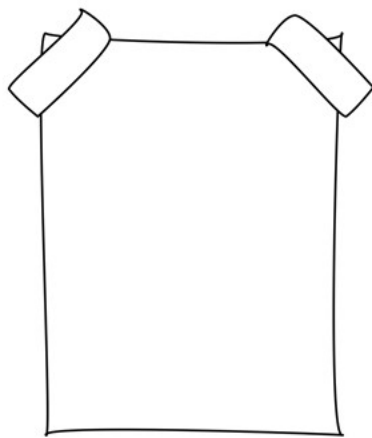
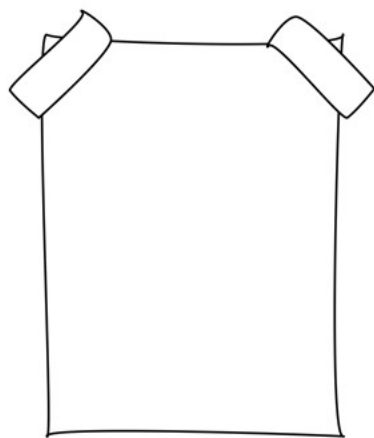
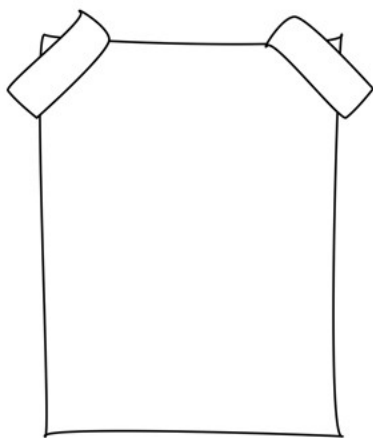
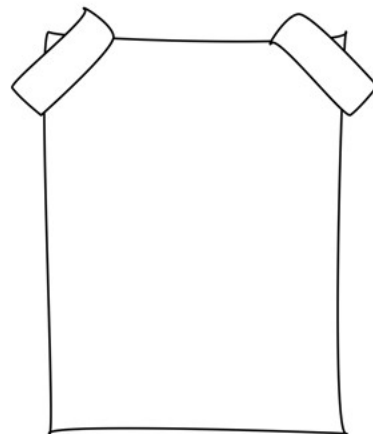
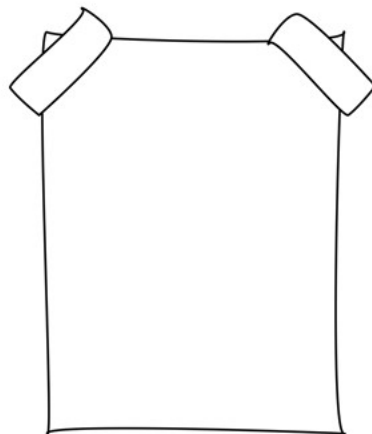
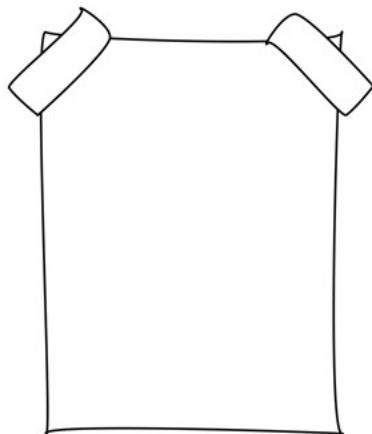
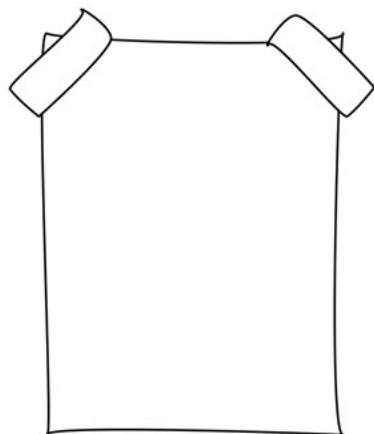
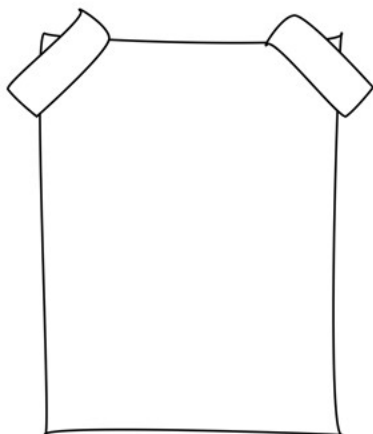
TEN NATURE PHOTOS

Ten blank rectangular frames arranged in two rows of five, each with a white border and a white ribbon tied around the top edge, intended for pasting nature photos.



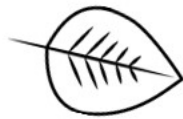
DAY THREE

TEN DOODLES



DAY FOUR

TEN HAPPY THINGS



1.

6.

2.

7.

3.

8.

4.

9.

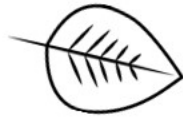
5.

10.



DAY FIVE

TOP TEN BOOKS



1.

6.

2.

7.

3.

8.

4.

9.

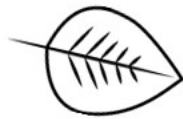
5.

10.



DAY SIX

GRATEFUL TEN



1.

6.

2.

7.

3.

8.

4.

9.

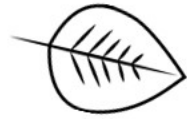
5.

10.



DAY SEVEN

TOP TEN QUOTES



1.

6.

2.

7.

3.

8.

4.

9.

5.

10.

