

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.

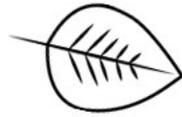
FIND TEN quotes that you love and make a list of them

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.

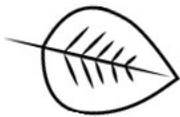
9.

5.

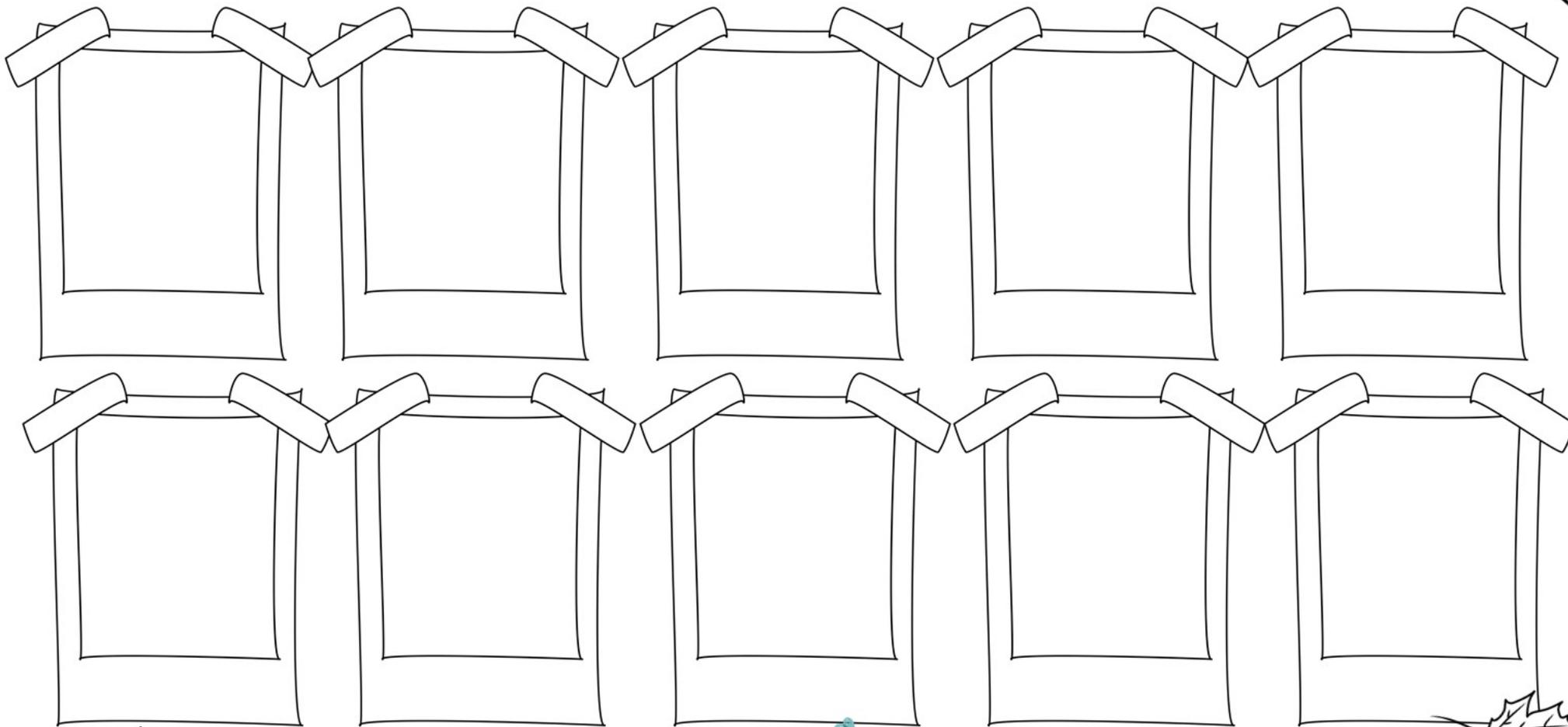
10.



DAY TWO

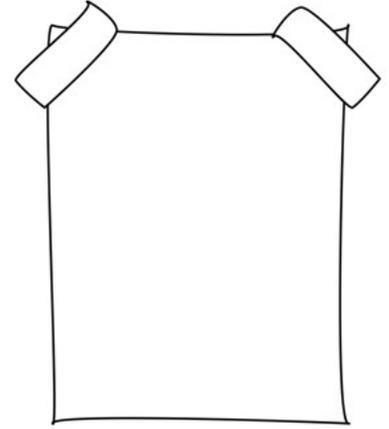
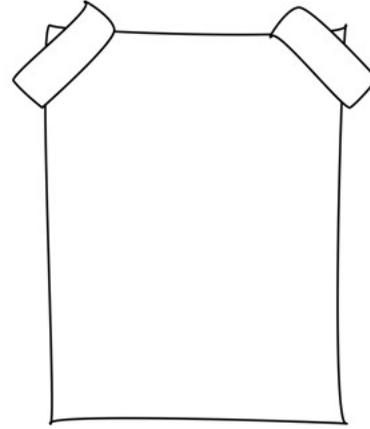
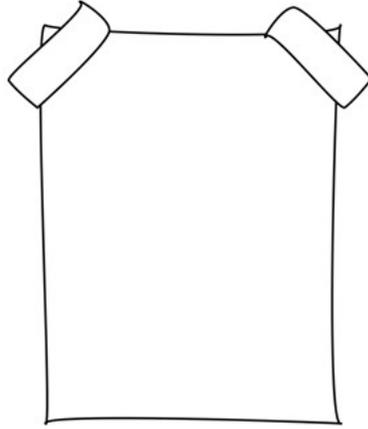
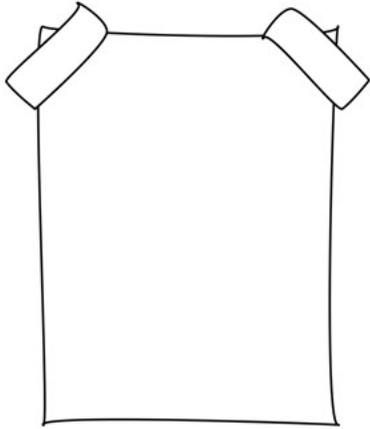
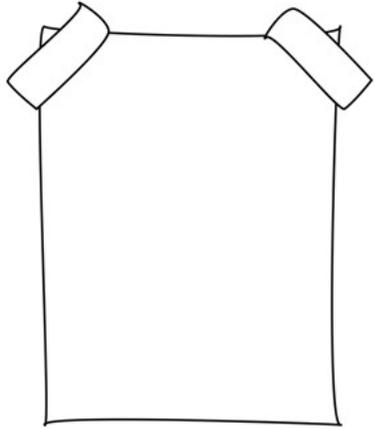
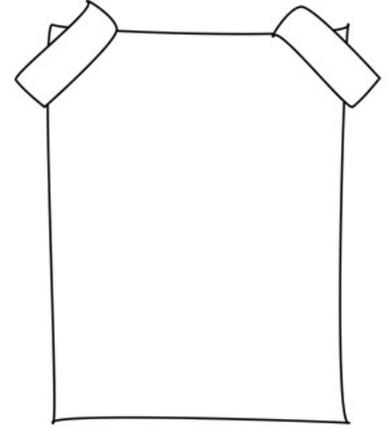
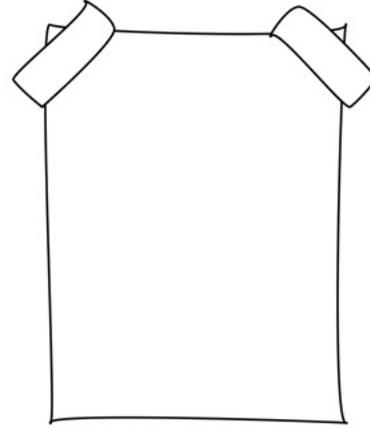
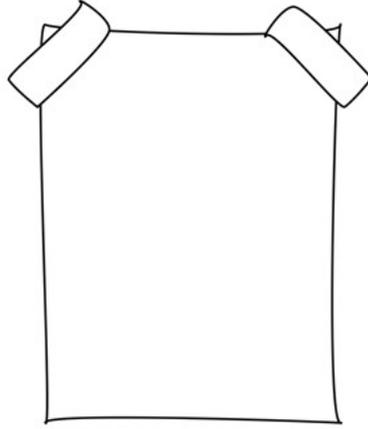
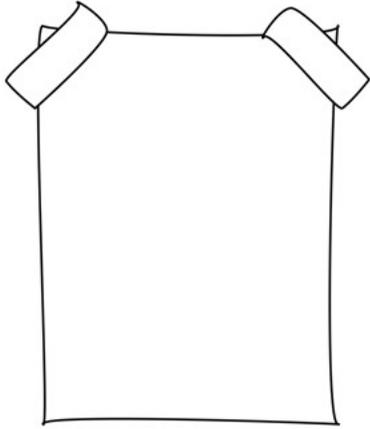
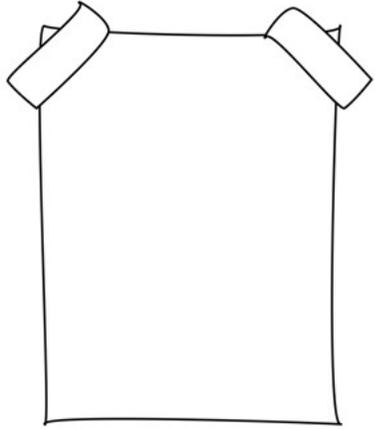
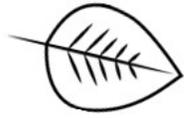


TEN NATURE PHOTOS



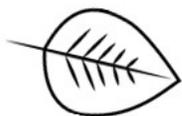
# DAY THREE

## TEN DOODLES



# DAY FOUR

## TEN HAPPY THINGS



1.

6.

2.

7.

3.

8.

4.

9.

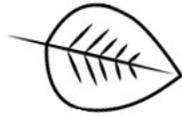
5.

10.



# DAY FIVE

## TOP TEN BOOKS



1.

6.

2.

7.

3.

8.

4.

9.

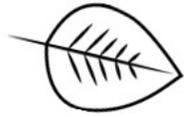
5.

10.



# DAY SIX

## GRATEFUL TEN



1.

6.

2.

7.

3.

8.

4.

9.

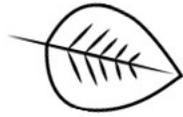
5.

10.



# DAY SEVEN

## TOP TEN QUOTES



1.

6.

2.

7.

3.

8.

4.

9.

5.

10.

