

HEALTH WEEK CHALLENGE

Our brain is an incredibly complex organ it is in charge of us. The two parts of the brain we'll learn a little more about during Health Week are the Thinking Brain (The Frontal Lobe) and the Feeling Brain (The Limbic System). We do better when our thinking brain is in charge of our feeling brain (that is our feelings and emotions). As you undertake this week's Health Challenges you may find you don't FEEL like doing them. Just do them anyway, you may just FEEL better because you did! **Go on give it a go!**

DAY	DIMENSION	ACTIVITY
1 I AM SOCIALLY CONNECTED	To be socially connected, we need to have family and we need to have friends. "Together Feels Better." To stay socially connected, sometimes we need to forgive our friends to stay friends. Sometimes we need to forgive a family member.	Do a random act of kindness to someone you haven't made friends with or do a random act of kindness to some you've stopped being friends with. What did you do?
2 I AM PHYSICALLY ENERGISED	Being outdoors is a great way to be physically energised. Being outside on a sunny day or even not on a sunny day helps us to feel happy. Taking a walk, jog, riding a bike or going for a swim can really help to boost our mood.	Get up with the sun (take a snapshot to prove you did), then spend 30 minutes taking a walk, a bike ride or some other physical activity. What did you do?
3 I AM EMOTIONALLY HAPPY	To be emotionally happy, lots of things can help: Get plenty of sleep at the right time of night. If you're aged 13-18, you need 8-10 hours sleep per night; or if you're aged 5-12, you need 9-11 hours sleep. Sometimes we can stay on our devices way too late. Eating the right kind of food can also affect our mood. Include lots of fruit and veggies in your diet, and drink lots of water (our brain feels happy when we drink lots of water).	Get at least more than 8 hours of sleep, eat a rainbow add lots of variety of fruit and veggies in your diet. Drink at least 6-8 glasses of water. Did you get good sleep? Did you eat a rainbow? Did you drink lots of water?
4 MY LIFE HAS PURPOSE	To have purpose, you need to know that your life is important, that you are incredibly valuable and that you have a place in this world. You will feel purposeful when you set goals for yourself and work towards achieving them.	Set a goal for yourself. Decide to work on better grades at school (even if you're doing well, set a goal to do better). Learn a new instrument or try a new sport. Find out what you're good at and keep working at it, not just for yourself but so you can share it with others. What goal did you set?
5 I CAN LOOK AFTER MY ENVIRONMENT	You live in an amazing part of the world. Our world needs you to help look after it. You can do that by thinking about ways you can avoid buying unnecessary things that soon become rubbish. You can also think about the rubbish you accumulate at home and at school.	Be intentional about recycling. Maybe something in your room that you no longer need? Pick up some discarded rubbish that may be lying around the school, the park, the footpath or in your home and put it in the bin. Did you recycle some rubbish? Did you bin some rubbish?
6 I AM ACADEMICALLY FOCUSED	To be academically focused, we really need to understand the value of learning. Our thinking brain (the frontal lobe) thrives on learning but often our feeling brain (the limbic system) is not as energised to learn. Your thinking brain needs to take charge here and not let the feeling brain limit your opportunities to learn.	Make a gratitude list about what you like about school. What are you grateful for?
7 I AM SPIRITUALLY EMPOWERED	There are many ways to be spiritually empowered. God designed us to take a rest one day per week. It's a good plan to just take a 24-hour break from school work and the usual weekly demands. When we do this week can feel heaps better about the new week ahead of us.	Shut down your school study routine, your devices and spend some time in nature. Go to church with your family or a friend. Memorise a verse from the Bible. What did you do?



Adventist
Health



WELLNESS

the
LIVE MORE
PROJECT

Seventh-day
Adventist Church™
New Zealand Pacific