Project OAKS –The Feel Good Five Challenge Sheet

**The Feel Good Five Challenge Record**

Write a brief description of each of your challenges.

|  |  |  |  |
| --- | --- | --- | --- |
| **Connect** | **1.** | **2.** | **3.** |
| **Be Active** | **1.** | **2.** | **3.** |
| **Take Notice** | **1.** | **2.** | **3.** |
| **Learn** | **1.** | **2.** | **3.** |
| **Give** | **1.** | **2.** | **3.** |

Dear family member, please support ………………………………………………….. by talking about the **Feel Good Five** and signing off each time he/she meets one of the challenge points.

**Pre challenge task**

Before you start your challenge, please complete this statement. Circle the number that best suits your response.

**Most of the time, I generally feel...**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Sad Happy | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

The Feel Good Five Challenge Sheet Tips and Hints

Here’s a reminder of the Feel Good Five with just a few suggestions, you’ll probably think of lots of examples of your own.

Remember, you can record your challenge report in any way you like, this is just one simple way. However you collect your evidence, **do** include a labelled picture of your family and **do** feel free to use your imagination in sharing all the feeling good you’re going to be experiencing over the school break!

1. **Connect** – talk with someone in your family and really listen to what they have to say, perhaps ask about something that happened at work, at a club or perhaps how he or she is feeling today and why that is.

2. **Be active** – do something active with your family like going for a walk or playing a game that gets you moving.

3. **Take notice** – take a bit of time to notice things around you, perhaps have a mindful moment, notice what you can see, hear, smell, feel. Perhaps notice what the people around you are up to, how they are feeling or acting.

4. **Learn** – We’re learning new things all the time, see if you can find out something new, an interesting fact, perhaps learn a new skill, you could write fact files about your family’s favourite things.

5. **Give** – Think of an opportunity to show kindness to someone else. Being kind to others actually makes you feel good so it’s a kindness for you as much as the person on the receiving end! Try doing something to help out around the house, maybe an opportunity to share with someone, maybe just holding open a door for someone or saying something kind.

**Final task –fill this in when you have completed your Feel Good Five**

We’re interested to see if this challenge has helped the way you generally feel so we want to compare this to the answer you gave before you started the Feel Good Five. Please circle the number that best suits your response.

**Most of the time, I generally feel...**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Sad Happy | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |