

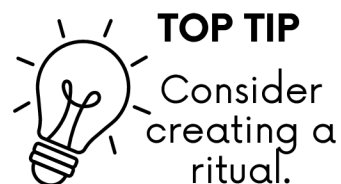
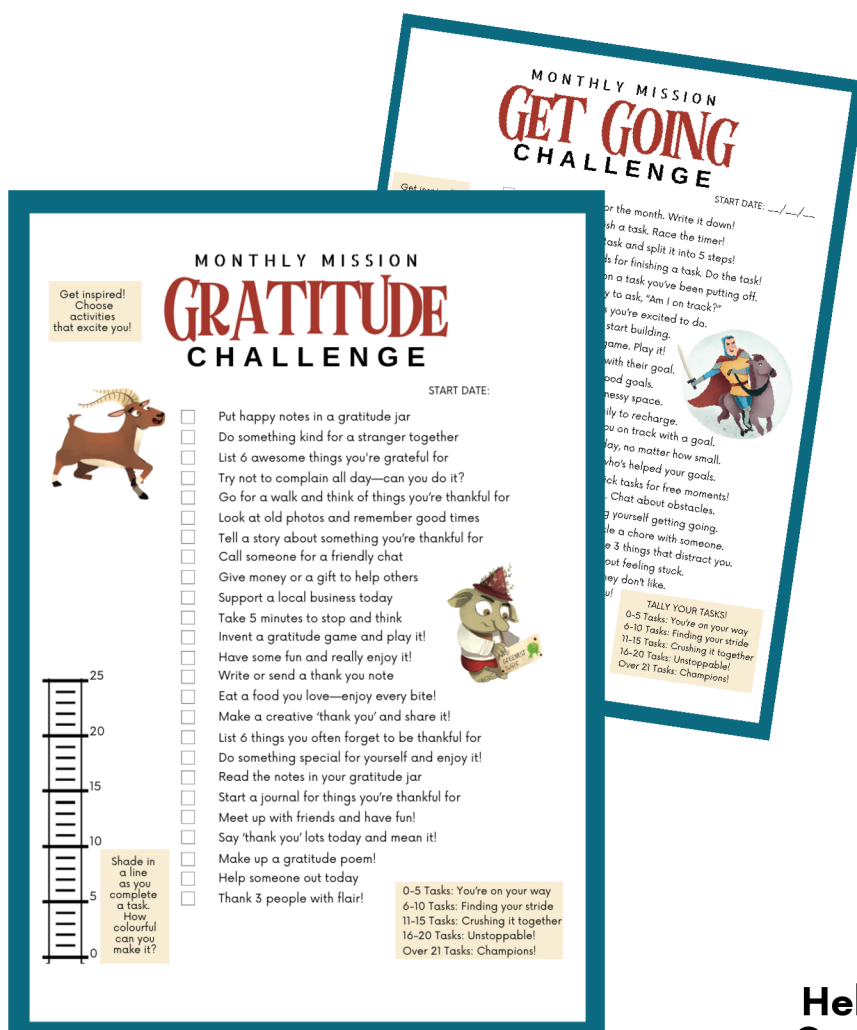
MONTHLY MISSION FAMILY CHALLENGES

CHOOSE YOUR CHALLENGE!

Monthly Missions allow you and your family to dig deeper into a wellbeing theme, embedding it further.

Simply choose your topic, print and display the mission, and select activities that work for your family.

Get the kids even more amped by setting a goal and choosing rewards together.



Have fun with who chooses, when and who ticks off the activity is done.

**Help us keep these free!
Consider donating to our waiting room project.**

MONTHLY MISSION

GRATITUDE CHALLENGE

Get inspired!
Choose
activities
that excite you!



START DATE:

- ☐ Put happy notes in a gratitude jar
- ☐ Do something kind for a stranger together
- ☐ List 6 awesome things you're grateful for
- ☐ Try not to complain all day—can you do it?
- ☐ Go for a walk and think of things you're thankful for
- ☐ Look at old photos and remember good times
- ☐ Tell a story about something you're thankful for
- ☐ Call someone for a friendly chat
- ☐ Give money or a gift to help others
- ☐ Support a local business today
- ☐ Take 5 minutes to stop and think
- ☐ Invent a gratitude game and play it!
- ☐ Have some fun and really enjoy it!
- ☐ Write or send a thank you note
- ☐ Eat a food you love—enjoy every bite!
- ☐ Make a creative 'thank you' and share it!
- ☐ List 6 things you often forget to be thankful for
- ☐ Do something special for yourself and enjoy it!
- ☐ Read the notes in your gratitude jar
- ☐ Start a journal for things you're thankful for
- ☐ Meet up with friends and have fun!
- ☐ Say 'thank you' lots today and mean it!
- ☐ Make up a gratitude poem!
- ☐ Help someone out today
- ☐ Thank 3 people with flair!



0-5 Tasks: You're on your way
6-10 Tasks: Finding your stride
11-15 Tasks: Crushing it together
16-20 Tasks: Unstoppable!
Over 21 Tasks: Champions!

MONTHLY MISSION

GET GOING CHALLENGE

START DATE:

Get inspired!
Choose
activities
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- ☐ Choose a goal for the month. Write it down!
- ☐ Set a timer to finish a task. Race the timer!
- ☐ Talk about a big task and split it into 5 steps!
- ☐ Brainstorm rewards for finishing a task. Do the task!
- ☐ Spend 10 minutes on a task you've been putting off.
- ☐ Pause 5 times today to ask, "Am I on track?"
- ☐ Make a list of things you're excited to do.
- ☐ Pick a few habits to start building.
- ☐ Invent a 'get going' game. Play it!
- ☐ Encourage someone with their goal.
- ☐ Learn about setting good goals.
- ☐ Get tidy! Organise a messy space.
- ☐ Do something as a family to recharge.
- ☐ Ask someone to keep you on track with a goal.
- ☐ Celebrate your wins today, no matter how small.
- ☐ Say thanks to someone who's helped your goals.
- ☐ Create a go-to list of quick tasks for free moments!
- ☐ Make an obstacle course. Chat about obstacles.
- ☐ Spend 2 minutes imagining yourself getting going.
- ☐ Turn up the music and tackle a chore with someone.
- ☐ What's a distraction? Name 3 things that distract you.
- ☐ Create a story together about feeling stuck.
- ☐ Help someone with a task they don't like.
- ☐ Put up quotes that inspire you!



BUT...

TALLY YOUR TASKS!

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MONTHLY MISSION

BOUNCE BACK CHALLENGE



TEAM NAME: _____

START DATE: _____

- Plan a small goal and steps to reach it.
- Create a family cheer or chant.
- Define struggle, setback, and bounce back your way.
- Unwind with a family walk.
- Talk about how setbacks make people feel.
- Create a bounce-back plan for setbacks.
- Create an affirmations jar. Use when needed.
- Practice problem solving - your choice how!
- Discuss how to support others during setbacks.
- Plan and enjoy a family fun hour.
- Practice visualising a calm place.
- Do something fun to recharge.
- List self-care activities and try them!
- Role play struggling with a task.
- Discuss struggle situations. What would you do?
- Write an encouraging note to your future self.
- Meet a daily challenge 3 days in a row.
- Practice movement breaks to manage stress.
- Thank someone who has helped you bounce back.
- Spend 5 minutes of deep breathing together.
- Set up and use a relaxation corner.
- Reward yourself for handling a setback.
- Give yourself a 1-minute hug.
- Share two setbacks you've overcome.
- Draw a picture of your support network.
- Listen to 5 minutes of calming music.
- Celebrate and choose your next Monthly Mission



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MONTHLY MISSION

ASK FOR HELP CHALLENGE



START DATE:

- ☐ Role play asking for help. Get silly!
- ☐ Surprise someone with your help today
- ☐ Discover groups that help others
- ☐ Discuss what makes helping feel good
- ☐ Say "thanks" for every bit of help today
- ☐ Jot down a "Help Wanted" list
- ☐ Make a team challenge where help is key
- ☐ Swap stories of when help made your day!
- ☐ Discuss why we might avoid asking for help
- ☐ Spot someone who could use a help and help them
- ☐ Role play terrible ways of asking for help
- ☐ Draw names to see who you'll help today
- ☐ Support a local business. Chat about it
- ☐ Create a story about asking for help
- ☐ Tackle an obstacle course, blindfolded!
- ☐ Role play fairytale characters needing help
- Create a family "help" signal or code word
- Discuss how it feels to ask for help
- Team up for a family project—your choice
- Write a reminder to ask for help
- ☐ Pick 3 tasks and brainstorm how to give help
- ☐ Feed each other dinner for 5 minutes
- ☐ Discuss who you can go to for help
- ☐ Discuss: What might happen if no-one ever asks for help



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MONTHLY MISSION

POSITIVE CHANGE

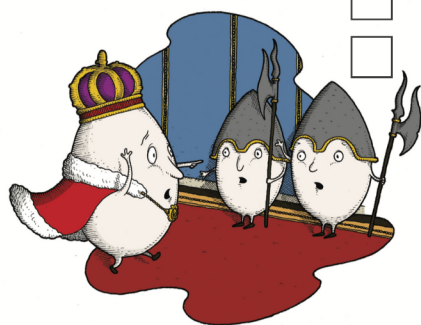
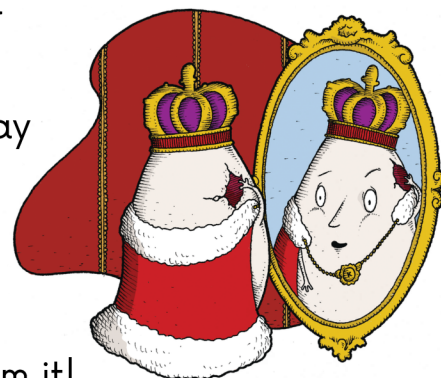
CHALLENGE

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START DATE:

- ☐ Make a jar for family gratitude notes
- ☐ Visit a new spot in town
- ☐ Share a change you've enjoyed
- ☐ Enjoy a family fun time. You choose!
- ☐ Draw life 'before' and 'after' a cha
- ☐ Call or video chat with loved ones
- ☐ Pick motivating messages to display
- ☐ Rearrange a room together
- ☐ List 10 changes you've handled
- ☐ Co-write a story about a change
- ☐ Make a fun play about change. Film it!
- ☐ Cook a new recipe together
- ☐ Enjoy our Meal Mat about change
- ☐ Discover and read a book about change
- ☐ Groove to a new music style together
- ☐ Tackle a new task together
- ☐ Help someone through change
- ☐ Enjoy a family tradition. You choose!
- ☐ Take a new route to work or school
- ☐ Pick a different treat today
- ☐ Brainstorm the pros and cons of change
- ☐ Learn about someone else's change
- ☐ Do 5 minutes of mindfulness together
- ☐ Swap where you sit at dinner



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MONTHLY MISSION

WORRY LESS

CHALLENGE

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START DATE:

- ☐ Imagine a worry-free day. Share about it
- ☐ Create a relaxation corner at home
- ☐ Share something that's worrying you
- ☐ Get outside - take a family walk.
- ☐ Learn about worry
- ☐ Add 3 things to your worry tool kit
- ☐ Spend 10 minutes being silly together
- ☐ Call or video chat with loved ones
- ☐ Recall 3 worries you have overcome
- ☐ Write and share a story about worry
- ☐ Learn 3 calming breathing techniques
- ☐ Turn on your favourite music and dance!
- ☐ Talk to someone about your worry
- ☐ Learn about 'worry time' - could it help?
- ☐ Explore journalling - could it help?
- ☐ Reward yourself for managing a worry
- ☐ Draw yourself overcoming a worry
- ☐ Write a kind note to someone who's worried
- ☐ Give yourself a 1-minute hug!
- ☐ Share what helps you with your worry
- ☐ Listen to 5 minutes of calming music
- ☐ Plan a family fun day - and make it happen!
- ☐ Memorise 3 worry-busting affirmations
- ☐ Treat yourself to something nice

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MONTHLY MISSION

FIX THE FIGHT

CHALLENGE

Get inspired!
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START DATE:



- ☐ Choose a 'cool off' spot or activity each
- ☐ Write your own 'how to treat others' guide
- ☐ Imagine a fight free day. Discuss
- ☐ Watch and discuss a Punch and Judy show
- ☐ Practice listening - Play a game of whispers
- ☐ Do something nice for each other today
- ☐ Craft a catchy motto for fixing fights
- ☐ Spread compliments generously ALL day!
- ☐ Pick a 'safe' word to pause conflicts
- ☐ Create a poster of your fix-the-fight tools
- ☐ Take turns speaking - no interruptions!
- ☐ Unwind with a family walk
- ☐ Talk about what makes a good listener
- ☐ Practice using 'I feel' in your sentences
- ☐ Practice giving amazing apologies
- ☐ Learn 3 calming conflict mottos
- ☐ Play a board game together - stay calm
- ☐ Solve a pretend conflict with each other
- ☐ Share something nice about each other
- ☐ Pause and breathe before responding today
- ☐ Discuss what you fight about most
- ☐ Pick 3 things you can compromise on
- ☐ Plan and enjoy a family fun day
- ☐ Create a story together about conflict



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MONTHLY MISSION

ACT WITH HEART CHALLENGE

Get inspired!
Choose
activities
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START DATE:



- ☐ Write a kind note to someone
- ☐ Make a guessing game about emotions
- ☐ Name as many feelings as you can
- ☐ Make a list of kind acts. Discuss why kindness matters
- ☐ Discuss: What if everyone was thoughtless?
- ☐ Practice listening and saying "I understand"
- ☐ Surprise someone - your choose how!
- ☐ Learn about a different culture
- ☐ Share a feeling you had today and why
- ☐ Make a picture and gift it to someone
- ☐ Tell someone you appreciate them
- ☐ Draw emojis for different emotions
- ☐ Make a poster of what makes you happy
- ☐ Help someone with a tough task
- ☐ Share who you think is kind and why
- ☐ Help with a chore without being asked
- ☐ Discuss what a first day feels like
- ☐ Write a 'thank you' note to someone
- ☐ Learn 3 new emotion words
- ☐ Talk about a book character's emotions
- ☐ Share a time you felt nervous
- ☐ Learn about random acts of kindness. Do one!
- ☐ Create a story together about helping
- ☐ Ask someone how they are and really listen



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MONTHLY MISSION

GROWTH MINDSET

CHALLENGE

Get inspired!
Choose
activities
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START DATE:



- ☐ Set a small goal today and achieve it
- ☐ Write down your strengths
- ☐ Discuss what growth mindset means
- ☐ Create a reward chart for trying
- ☐ Try something new - your choice on how big
- ☐ Design a coping list for facing challenges
- ☐ Share a recent success
- ☐ Write a story about growth mindset
- ☐ Learn 3 new words
- ☐ Plan how to improve a skill
- ☐ Practice a skill for 10 minutes
- ☐ Discuss the power of "yet"
- ☐ Create a growth mindset play and film it!
- ☐ Share a challenge you overcame
- ☐ Learn a phrase in a different language
- ☐ List 5 things you'd like to try
- ☐ Draw a picture of you reaching your goal
- ☐ Write down today's accomplishment
- ☐ Discuss what it would be like if we all stopped trying
- ☐ Share 3 affirmations to keep trying
- ☐ Treat yourself to something nice
- ☐ Practice 5 minutes of mindfulness
- ☐ Talk about a role model's perseverance
- ☐ Write a poem about growth mindset



BUT DURING,



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MONTHLY MISSION

ONLINE SAFETY

CHALLENGE

Get inspired!
Choose
activities
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START DATE:

- ☐ Secure privacy on all your accounts
- ☐ Set up desired parental controls
- ☐ Learn about digital footprints - clean it up!
- ☐ Review app permissions
- ☐ Install a family-friendly security app
- ☐ Set up alerts for suspicious activity
- ☐ Set screentime limits for devices
- ☐ Create a jar with fun activity ideas
- ☐ Invent and share hilarious fake news
- ☐ Make a poster with agreed device rules
- ☐ Enjoy a device-free evening together
- ☐ Watch an online safety clip together
- ☐ Create and play a 'passwords' game
- ☐ Share: Who do you chat with most online?
- ☐ Draw what "viral" might look like, then discuss
- ☐ Learn how to report spam - then do it!
- ☐ Practice installing an update together
- ☐ Play an online game - set rules first
- ☐ Discuss what cyberbullying might look like
- ☐ Create a game about spotting spam
- ☐ Discuss and create a plan for online threats
- ☐ Make a skit about oversharing
- ☐ Have 10 minutes bonus online time together
- ☐ Get offline - invite someone to dinner



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MONTHLY MISSION

SMART TRUST

CHALLENGE

Get inspired!
Choose
activities
that excite you!

START DATE:



- ☐ Create a secret code or sign for trouble
- ☐ Play "Would You Trust?" with wild scenarios
- ☐ Draw the people in your trust squad
- ☐ Create a trust-themed comic strip
- ☐ Role-play saying 'no'! Get silly if you want!
- ☐ Discuss what makes people trustworthy
- ☐ Craft your family secrets for keeping safe
- ☐ Share about a smart trust choice
- ☐ Read a book together with a villain
- ☐ Enjoy the Fairytale Fraud Trust Meal Mat
- ☐ Discuss what makes you trust someone
- ☐ Learn each others phone numbers by heart
- ☐ Discuss 3 things that can break trust
- ☐ Go on a blindfolded trust walk
- ☐ Role-play the big bad wolf vs. the pigs
- ☐ Master the art of fantastic apologies
- ☐ Discuss how to dodge danger online
- ☐ Enjoy playing 'Bluff' or 'Cheat' together
- ☐ Role-play saying "no" to someone shady
- ☐ Are all strangers bad? Discuss
- ☐ Create a fun story centered on smart trust
- ☐ Play two truths and a lie. Guess the fib!
- ☐ Share about someone you don't trust
- ☐ Boost someone's trust today



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