

The GMS Well-being Challenge! - Grade 1 to 12

Dear Parents,

Happiness is enjoying the little things in life and it is the true sense of well-being!

Humanity is in turmoil presently and while we hope and pray for things to change for better, let us celebrate what we have in life and contribute to the well-being of ourselves and others. Let us choose to be happy!

Here are a few suggestions from the GMS family.

Grades	Sunday	Monday	Tuesday	Wednesday	Thursday
	10/05/2020	11/05/2020	12/05/2020	13/05/2020	14/05/2020
Gr 1 to 5	Have a weird hairstyle for class 😊	Draw your mood and talk about it to class.	Hug your mom and say "I love you"	Think of one thing that makes you happy and do it.	Choose your own well-being activity/ Create a doodle preferably meaningful
Gr 6 to 8	Take a digital detox for 3 hours after class	Write a thank you note to a family member and share with class	Make one simple dish for your family for iftaar.	Do a crossword / Sudoku/ jigsaw puzzle with your sibling or family member	Choose your own well-being activity/Create a slogan to motivate people
Gr 9 to 12	Write down two things you are good at and one thing you want to learn	Connect with someone who you have not spoken with in more than 1 month via an app	Write about three things that you are grateful for and share it with your family.	Compliment someone and see his or her happiness!	Choose your own well-being activity/ Create a digital poster on resilience

Guidelines: Seek permission from your parents before doing the well-being activity.

Be considerate and respectful to others.

Share pics, videos, write-ups of your activity with the class teacher. You may win a certificate of appreciation!

Regards,

Gulf Model School

Dubai