

Relationships and Sex Education (RSE) Day

It begins with me



Self-esteem Family Challenge

Calendar

How many can you and your family members cross off over a month?

1 Take up a new hobby or interest	2 Wear an outfit you love	3 Give someone a genuine compliment	4 Explore a place in nature	5 Attempt something that scares you
6 Create a piece of art	7 Help a family member out	8 Listen to your favourite song	9 Exercise for 15 minutes	10 Help prepare a tasty meal for the family
11 Play a game together	12 Learn something new	13 Donate old toys or books	14 Visit a new place	15 Work on a home DIY project with an adult family member
16 Write and perform a short family play	17 Do some gardening	18 Take a family bike trip	19 Donate to a local food bank or community project	20 Cheer up a family member who is sad
21 Teach someone something new	22 Feed and cuddle a pet or a neighbour's pet	23 Leave a kind note for someone to find	24 Give a treat to a helper in your community	25 Sing in the shower