

## Full Circle @ Dockland's Take 5 challenge Take 5 at home



# 5 small changes Can make a BIG difference

### What is the Take 5 Challenge?

The Take 5 challenge is a challenge designed to improve your wellbeing and make the community you live in a better place, by taking 5 minutes to complete small tasks which, when put together can make a BIG difference.

You will have until the end of the month to complete five small challenges. The person who put in most thought/effort and makes the biggest difference will be the winner!

### Who can enter?

### What are the Prizes?



### Can we work together?

You can work alone, in pairs or as a team – however you wish to enter. Remember if you work together, you must share the work and the prize fairly amongst yourselves.

### Are there any rules?

In order to win the prize, you must follow the rules. Any rule breaking may disqualify you or your team. The rules are:

- 1) You must not do anything which puts yourself or other in danger or at risk of getting hurt.
- 2) You must not do anything illegal or that is against the rules of Full Circle
- 3) You must not lie or claim to have done things you haven't
- 4) You must be respectful to people at all times

If you are at all unsure, let us know and we can help you work it out.

Remember that members of staff are here to help and will assist all young people wanting to take part in this challenge.

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### What will I have to do?

You must complete a series of five challenges; one challenge from each of the following categories. The challenge is designed to improve and support your wellbeing and the community you live in. Although we will give you a theme, it is your decision what task you do in order to complete the challenge. The five categories of simple things that you can do to improve your wellbeing and the community you live in are:

- 1. Connect (talk to/spend time with other people)**  
Take time out to spend time and connect with the people around you. Talk to your friends, family, neighbours and teachers; share stories, experiences and problems. Building connections will support you and let you conquer your goals!
- 2. Be active**  
Being active improves your physical wellbeing, allows you to develop new skills and makes you feel better about yourself. Find an activity you enjoy whether its football, dancing or cycling – it does not matter!
- 3. Take notice**  
Be curious, ask questions and try and spot things you have not notice before! Take a look around and think of what is good in your life – try and always see the positive in things. Take time to say thank you when your given things.
- 4. Keep learning**  
Try new things and don't be afraid if they don't work out! Always have something to aim for, whether its playing a new game, trying new food, learning a new skill or setting a new goal to see if you can reach it.
- 5. Be kind and give**  
Be kind and support your family and friends. Small acts of kindness can make a huge difference and don't take very long!

### What is the theme for this month's challenge?

The theme for this month is to take five at home. Spending time at home with your family, friends, neighbours or whoever else you live with is very important. You need to think of a task for each of the above 5 categories that you can complete at home with the help of your friends, family or even neighbours. You will need to complete the following form, explaining what task you picked, why and what you did. We will provide you with examples of possible tasks you may wish to complete to give you ideas.

The person who comes up with the most original, thoughtful task which make a difference will be the winner. The competition will be judged by external facilitators.

### Out of ideas?

Have a chat with a member of staff who will help you work out a plan :)  
Remember:

**NO** act of kindness  
**However** small is  
**EVER** wasted



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Name:..... Date:.....

## Challenge One: Spending time with family

Which member of your family did you chose to spend time with?

What did you do?

What did you learn about them?

How did it help? How did it make you feel?

## Challenge Two: Being Active with family/friends

What activity did you decided to do?

Why did you choose this activity?

Who did you do the activity with?

What was the best part?

How did it make you feel? Did you enjoy it?

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Name:..... Date:.....

## Challenge Three: Taking Notice of the positive things around you

What did you decide to do?

What did you learn from this activity?

How did this activity make you feel?

## Challenge four: Try something new at home

What did you decided to do?

Why did you choose this activity?

Who did you do the activity with?

What was the best part?

How did it make you feel? Did you enjoy it?

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Name:..... Date:.....

## Challenge Five: Be kind and give

What did you decide to do?

Why did you choose this activity?

Who benefitted from this?

What was the best part?

How did it make you feel? Did you enjoy it?