



Overview of Activity

Planted 23 trees as part of National Acts of Kindness Day (17th Feb)



Comms Launch to students and staff



Mental Health Awareness Event (SU – 1st March)

23 days in March – 1st to 23rd

Wellbeing Activity

Wellbeing self-initiated activities for individuals to undertake across the 23 days of the challenge.

Suggested participation:

- undertake all 23 different activities, one each day
- pick one activity and do it for 23 days consecutively to help form a habit
- Simply pick and choose from suggested list



Physical Challenges

Download Moves+ App (this is a new app for students and staff that rewards daily physical activity)

Choose one or more of the 4 different activity challenges available (walking, running, cycling, swimming)

Chose your level of difficulty (easy, moderate, hard)