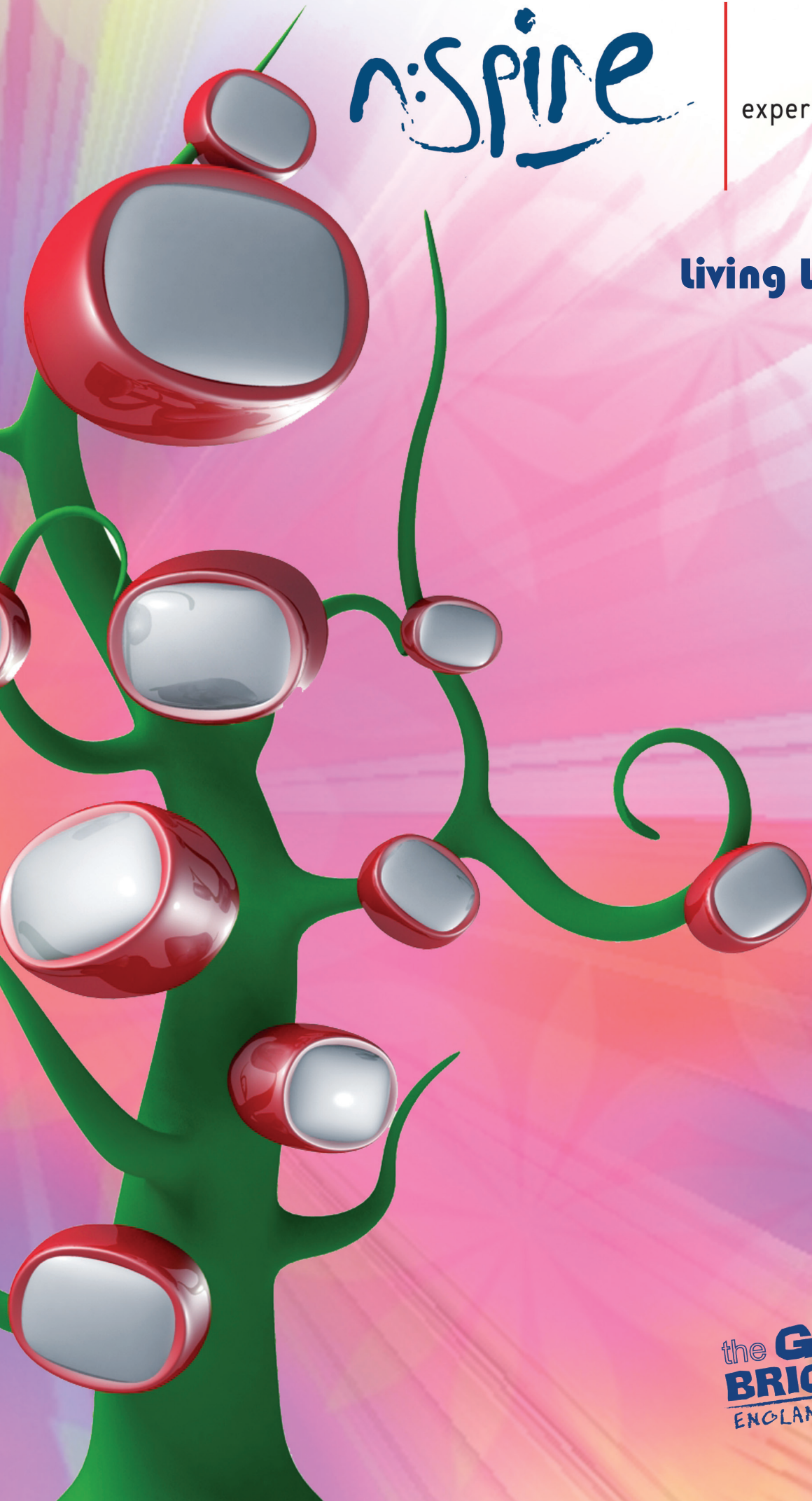


aspire

[13-18s]
experience the challenge

living Well channel



Overview

Living Well channel

Why use this channel?

This channel is crammed full of challenges to help you to live well. They'll inspire you to discover more about yourself and how you choose to live, are you being the best you can be? Through the challenges you can be creative, expressive, mindful and radical to optimise your physical and mental well-being.

How do I use it?

The channel is split into five programmes. Each one should take four to six hours or (if you wish to make it into a massive double point challenge) 10 to 12 hours to complete. This will depend upon what you decide to do.

You could also choose to do one small action from each of the five programmes, as long as it adds up to the correct amount of time. Remember that with any activity you'll need to take into account social distancing and GB's COVID-19 guidance.

Here are some websites which might be useful as you look at this channel:

<https://www.nhs.uk/live-well/exercise/get-active-your-way/>

<https://www.nhs.uk/change4life/about-change4life>

<https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating>

<https://www.childline.org.uk/info-advice/you-your-body/drugs-alcohol-smoking/drugs/>

<https://www.talktofrank.com/>

<https://www.bbc.co.uk/programmes/articles/2yN2v3ngYXrQj8H6t92jyFh/a-beginners-guide-to-mindfulness>

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/?tabname=sleep-tips>

<https://hampshirecamhs.nhs.uk/issue/body-image-self-esteem-young-people/>

<https://www.dkfindout.com/uk/human-body/your-amazing-body/>

<https://www.youtube.com/watch?v=Go9YgkwJDkc>

The programmes:

MOVING YOUR BODY

HEALTHY EATING

SELF-CARE

REST

HOW GOD SEES US

Each programme presents you with a challenge. Here are the five challenges from the Living Well channel:

Your challenge:	<p>MOVING YOUR BODY</p> <p>Think about your physical health. Find new ways to move your marvellous body to keep it healthy and ready for anything. Write a programme to keep you healthy, write challenges to get you fitter, plan activities to make you stronger. Keep your wonderful body just as God made it.</p>
Your challenge:	<p>HEALTHY EATING</p> <p>Healthy eating doesn't just mean going on a diet. Maybe adding healthier elements to your diet could change how you feel and much energy you have. God created us a world which can produce some fantastic and nutritious foods. How many fruits and vegetables do you consume? Plan and road test different eating plans to increase your intake of fruits and vegetables. Investigate the dangers of putting the wrong things into your body. What are the effects of not taking care of what goes into these marvellous machines?</p>
Your challenge:	<p>SELF-CARE</p> <p>Looking after and loving ourselves can often be last on the list for many people. You need to care for yourself before you care for anyone else. Our God is a loving and compassionate God, He wants us to show our love to others in what we do, but firstly He wants us to love Him and let Him take care of us then we can step out and show how wonderful He is. How do you take care of you? What makes you calm? What makes you happy? Explore different ways of creating a self-care kit, try and test it yourself and with others.</p>
Your challenge:	<p>REST</p> <p>In the beginning, when God created the world, He rested on the seventh day, you can check in Genesis Ch.2:1-4. He looked at all He had done and He loved it, He blessed the day of rest and set it apart from the other days because this was the day He stopped working. Do you rest enough, that doesn't mean sleep although sleep is crucial for good health. Discover how you relax, how and when you rest. What aids restfulness? Explore mindfulness and understanding the purpose and use of being present in the moment. Setting time apart to rest from everything even your devices and just be you is important, experience it and see how it feels.</p>
Your challenge:	<p>HOW GOD SEES US</p> <p>God loves you and created you, He knows you, and you can never disappoint Him. He has planned your journey and made you perfect for it. How do you see yourself and how does God see you? What's important in this world is not what's important to God. Body image, how we see ourselves and how we perceive others see us can be a constant pressure in our lives. Explore body image and its impact on lives. How do you see God, where is He in your life and where would He like to be? Do you keep Him for Sundays and GB days or is He in the middle of everything? Our lives can be a chaotic jumble of family, friends, learning, working, relaxing and each is important. It doesn't matter that it's a jumble if God is in the middle of it.</p>

Living Well channel

Your challenge:

MOVING YOUR BODY

You have a marvellous body capable of many things. It's beautifully designed and fantastically adaptable. Our bodies are a wonderful gift to us from God our maker and we need to keep them tip top and ready for action! Think about your physical health. Find new ways to move your marvellous body to keep it healthy and ready for anything. Write a programme to keep you healthy, write challenges to get you fitter, plan activities to make you stronger. Keep your wonderful body just as God made it.

N:

Notions (who)

These notions/ideas suggest ways in which you might investigate how you can improve your physical fitness and strength.

- Investigate the importance of being physically active, the physical and mental health benefits of participating in exercise to get fitter and exercise to keep healthy.
- Focus on your own physical activity, devise a daily logging system to assess how active you are, remember being active isn't just doing a jog or an exercise session, housework, walking, playing sports and games, and dancing all count. Now create an activity plan to increase the amount you move during each day. Make it sustainable and to fit in with your life, make it enjoyable then you might keep doing it. See Resource Sheet A (Activity log).
- Focus on a specific age group and create an information video or leaflet to encourage being physically active, think about how and what activities are appropriate for the age group and why they would benefit from them, remember you're persuading them to do it!
- Find an activity you've never tried before, maybe jogging/HIIT training/Clubbercise, do some research and find an app or online video to teach you the basics. Follow the instruction or app for two weeks and see how far you progress.

S:

Set the scene (what)

Think/talk through what the challenge is about and what you could do. The following may help you:

- What do you already know about what you're doing? Do some spider graphs to find out your current knowledge.
- Ask yourself is everything you know right? Annotate your spider graphs and find some research areas. What are the most reliable sources to use?
- Consider what's already available and how you can use it for your challenge, do you need to do something new or can you adapt what is out there already?
- What might go wrong? What barriers do you face?

P:

Pin it down (how)

Study some of the information you've gathered and consider how you'll complete the challenge.

- | | |
|------------------|---------------------------------------------------------------------------------------------|
| Who? | Do you need anyone to help/train/supervise/advise you? |
| What? | What special equipment/space/advise do you need to complete the challenge? |
| How much? | What costs might be involved and how will this funding be found? |
| When? | Are there any dates or time scales you must set in order to ensure you meet your deadlines? |

i. *Investigate the Christian perspective (why)*

Use this opportunity to explore what's in the Bible about moving our bodies. Does it mention keeping fit?

- In the beginning God made us in His image. Does that mean we're His equal and He made us to be like Him?
- The Bible tells us that we're fearfully and wonderfully made (Psalm 139:13-14). God created us and knows us and He made our bodies to be amazing machines that adapt and change, create life and heal but we need to take care of them.
- Take a look at Hebrews Ch. 12:1-3. Perseverance, persistence, determination, courage in pursuit of a goal, whatever the goal. God is there in the middle of it, behind and ahead of us, by our side. What does this mean to you? Do you put God behind, ahead and next to you? Is God in the centre of everything you do?

r. *Respond (do it!)*

Make it happen! Put your plan into action and complete the challenge.

e. *Evaluate (so)*

So what have you discovered/learnt? Think through how successful you've been with this challenge:

- What do you think you've learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- What would you change if you were to do it again?
- How has this challenge given you a Christian perspective on the things you encounter in everyday life?

living Well channel

Your challenge:

HEALTHY EATING

Healthy eating doesn't just mean going on a diet. Maybe adding healthier elements to your diet could change how you feel and much energy you have. God created us a world which can produce some fantastic and nutritious foods. How many fruits and vegetables do you consume? Fruits and vegetables are good for you but possibly not everyone's favourite? Our bodies are fantastic they do so much and food is our fuel. Putting the right things into our body means we get enough energy to do activities, work hard and learn, and that our brains and muscles work when we need them too. What happens if we put in things we shouldn't like drugs or alcohol. Many things can cause harm but is there a safe amount? If we put in the wrong fuel will our machine always breakdown?

N: Notions (who)

These notions/ideas suggest ways in which you might determine who you're going to try and make a difference to, but you may do it any way you like. You could:

- Create a log of how many portions of fruit and vegetables you eat over a week, is it enough? Try not to change your eating habits as you're logging them, just keep it honest. How do you feel about what you've found out? Produce an eating plan to increase your intake of fruit and vegetables. Can you substitute snacks with fruit and veg? Could you dip them to make them more exciting or combine them with something?
- Create an information poster about the wonder of eating fruit and vegetables for young people. It should be aimed at a specific age group, remember you're encouraging them to eat them, could you introduce a theme to your work. Research your facts!
- Grow your own. Let's make use of the things around us. Can you research when and how to grow two or three different fruits or vegetables? What do you need? How much would it cost? When to plant, how long to grow, when to harvest? Can you now grow one or more fruits or vegetables this year? Plant it, care for it, harvest it and then eat it? Start simple and easy and see where it takes you.
- Research alcohol intake for men and women in Great Britain. How does too much alcohol affect the body, what are the dangers? Does alcohol do any good to our bodies? Is moderate best or none at all? How do you think you'll feel about drinking alcohol after your research? Put your information into spider graphs or an information sheet. Maybe you could present it to the group.
- Research drug taking for men and women in Great Britain. Choose a drug and research its affects on the body when it's taken. Is moderate use ok or is all use dangerous? Does the drug have any positive benefits on mental or physical health? What is your opinion on drug taking? Put your information into spider graphs or an information sheet. Maybe you could present your findings to the group.

S: Set the scene (what)

Think/talk through what the challenge is about and what you could do. The following may help you:

- What do you already know about things and what else do you need to find out?
- What useful skills/contacts do you/members of your group possess to help with this challenge?
- Where might you find the information you need?
- Look at what people have already done, what research is already available. Be careful about your research sources, make sure they're reliable.
- What difficulties might you face?

P: Pin it down (how)

Study some of the information you've gathered and consider how you'll complete the challenge.

- Who?** Do you need anyone to help/train/supervise/advise you?
- What?** What special equipment/space/advice do you need to complete the challenge?
- How much?** What costs might be involved and how will this funding be found?
- When?** Are there any dates or time scales you must set in order to ensure you meet your deadlines?

i:

Investigate the Christian perspective (why)

Use this opportunity to explore the Christian perspective, through finding out what the Bible/other Christians say.

- Read 1 Corinthians Ch.3:16-17, God is in us, with us each day in everything we do. Therefore everything we do affects Him. We're made by Him and He loves us and wants what's best for us, so how we look after ourselves is important to keep our bodies, given to us by God, in the best shape possible. This includes what we eat and drink, our exercise and any substances we take, as well as our actions, our thoughts and our words.
- Have a look at 1 Corinthians Ch.10:31 it tells us that everything we do, EVERYTHING, should be to glorify God. That's a hard challenge; but God is never disappointed with us and He waits patiently for us to get it right and celebrates when we do rather than punishing us when we don't.

r:

Respond (do it!)

Make it happen! Put your plan into action and complete the challenge.

e:

Evaluate (so)

So what have you discovered/learnt? Think through how successful you've been with this challenge:

- What do you think you've learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- What would you change if you were to do it again?
- How has this challenge given you a Christian perspective on the things you encounter in everyday life?

Living Well channel

Your challenge:

SELF-CARE

Looking after and loving ourselves can often be last on the list for many people. You need to care for yourself before you care for anyone else. Our God is a loving and compassionate God, He wants us to show our love to others in what we do, but firstly He wants us to love Him and let Him take care of us then we can step out and show how wonderful He is. How do you take care of yourself? What makes you calm? What makes you happy? Explore different ways of creating a self-care kit, try and test it yourself and with others.

N: *Notions (who)*

These notions/ideas suggest ways in which you might determine how you could create a self-care kit, for yourself or for others. You could:

- Create a self-care pot - find a jam jar or box and decorate it. Find some positive quotes for when you're sad, angry, frustrated, or lonely. Maybe colour code each quote for the feeling. The idea is that you pull out a quote of the right colour depending on how you feel to help calm you and feel more positive. When you have around 20 different quotes, put on the lid and try it out over the next two weeks.
- Find an app to follow to help you with self-care or positive thinking or positive affirmations, follow it for two weeks and see if you can keep to all the activities it suggests. Has it had an impact on your life? Do you feel better with it?
- Discover what specific things make you feel happy and calm. It could be music, exercise, talking to someone specific, or colouring etc. Make yourself a care pack including all the things that make you calm or happy, mix them up and put them into small five minute time-out packs so you can use them when you need them e.g. select one or two pieces of music and some colouring, colour while the music is playing, when the music finishes pack it away and do it again another time; or turn on the shower or run a bath, close the door sing your favourite song as loud as you can while the soothing water cleanses and calms you. Use the time-out packs whenever you need to over the next two weeks.
- Keep a journal for two weeks or more. Note down your feelings each day, try to be thankful for one thing each day and write down one worry each day. Maybe more each time as the days go on. Do you notice your worries more or your thankfulness more? Which is harder to put into words? Can you ease or find solutions to your worries once they're clearly written out before you?
- Could you create a smaller version of any of the above activities to give to a friend or family member to trial too? This may be hard to find out the specific activities for another person, but use your own ideas and see if they work for someone else.

S: *Set the scene (what)*

Think/talk through what the challenge is about and what you could do to care for yourself. The following may help you:

- Consider what makes you calm and happy. What do you think of straight away?
- What might you need to find out? Where might you need to look to find out more information? Resource Sheet B (Bible verses) will help with some ideas of where to start your research.
- What opportunities/challenges do you think you might face? How could these be addressed? You might need a trusted person to go to if these activities bring up feelings which are hard to work through.
- What's already available online, in books, via apps, or in classes?

P: *Pin it down (how)*

Study some of the information you've gathered and consider how you'll complete the challenge.

- Who?** Do you need anyone to help/train/supervise/advise you?
- What?** What special equipment/space/advise do you need to complete the challenge?
- How much?** What costs might be involved and how will this funding be found?
- When?** Are there any dates or time scales you must set in order to ensure you meet your deadlines?

i: *Investigate the Christian perspective (why)*

Use this opportunity to explore what self-care is, and why and how God can help us care for ourselves, what does the Bible/other Christians say.

- Read 1 Peter Ch.5:7 it tells us to leave all our worries with God. What does that mean? We know God cares for us but is He really bothered that we fell out with our best friend and she's now telling everyone how awful we are? Surely world peace and war are higher on God's agenda? Well, no they aren't. God wants to be in our lives and that means each and every part. Tell your worries to God, you don't have to kneel down, you don't have to wait until Sunday, you don't even have to say it out loud although sometimes that helps us focus. Just talk to Him, tell Him and ask for a little help. You might not get any winged angels flying down to sing to you, but you might get the hint of an idea of how to tackle your worry and it might just help you through.
- Have a look at John Ch. 14:27. Peace is important, world peace and peace between people and nations, but peace within ourselves too. God tells us not to worry or be afraid because His peace is with us, He has left it here on earth and if we come into His presence and depend on and trust in Him we'll be at peace with ourselves. If you feel peaceful and calm you can spread it around those you meet.

r: *Respond (do it!)*

Make it happen! Put your plan into action and complete the challenge.

e: *Evaluate (so)*

So what have you discovered/learnt? Think through how successful you've been with this challenge:

- What do you think you've learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- What would you change if you were to do it again?
- How has this challenge given you a Christian perspective on the things you encounter in everyday life?

living Well channel

Your challenge:

REST

In the beginning, when God created the world, He rested on the seventh day, you can check in Genesis Ch.2:1-4. He looked at all He had done and He loved it, He blessed the day of rest and set it apart from the other days because this was the day He stopped working. Do you rest enough, that doesn't mean sleep although sleep is crucial for good health. Discover how you relax, how and when you rest. What aids restfulness? Explore mindfulness and understanding the purpose and use of being present in the moment. Setting time apart to rest from everything even your devices and just be you is important, experience it and see how it feels.

N: *Notions (who)*

These notions/ideas suggest ways in which you might determine what you're going to do. You could:

- Keep a rest log for one or two weeks. Define what you're going to call rest first. Then log when and for how long you rest, what do you do, do you do anything? For the next two weeks add in 15 minutes of rest time each day. Ideally not when you have just woken or are about to sleep. What do you do in the 15 minutes (you don't have to sit or lie still) to make you calm and relaxed? Ideas include listening to music, reading, sitting or standing outdoors. Try to keep it device free if you can. Is there an app to follow to help you?
- Keep a sleep log for one or two weeks. How long do you sleep for? Do you wake tired or refreshed (give yourself a minute or two before you decide)? What time do you go to sleep (not to your room, to sleep)? What do you do in the half hour before you sleep? After one or two weeks now try to change your habits of what you do before you go to sleep and when you wake up. Make a plan and keep to it and see whether you feel better, the same or worse. It will take time to adjust e.g. turn off devices 30 minutes before you want to sleep, read a book or have a hot drink, write. When you wake up, get out of bed and stretch your major muscle groups, arms, legs, and back. Spend five minutes stretching out your body. Use an app or book or online video to do it right. You could do other things but make the morning one active and the before sleep one device free. Log how you feel each day as in the previous one to two weeks but with your new routine.
- Find a mindfulness app or book or online workshop and follow it for two weeks or more. Mindfulness is a skill and needs practising. Can you do it? Is it helpful? Write a few notes or keep a log as you go through the two weeks or more.

S: *Set the scene (what)*

Think/talk through what the challenge is about and what you could do. The following may help you:

- What useful skills/contacts do you/those that you know possess to help with this challenge?
- All these challenges require you to change your behaviours slightly and add in new things, how do you feel about that?
- Doing new things is about acquiring a new skill or routine which takes practise and persistence before it starts to feel ok. Persevere!
- Look at what's already out there such as apps, information, books, people who do it already. Resource Sheet A (Activity log) and Resource Sheet C (Rest) will help you to plan your challenge.

P: *Pin it down (how)*

Study some of the information you've gathered and consider how you'll complete the challenge.

- Who?** Do you need anyone to help/train/supervise/advise you?
- What?** What special equipment/space/advice do you need to complete the challenge?
- How much?** What costs might be involved and how will this funding be found?
- When?** Are there any dates or time scales you must set in order to ensure you meet your deadlines?

i: *Investigate the Christian perspective (why)*

Use this opportunity to explore what rest is to you, what it means and what the Bible/Christian people have to say about it.

- Have a look at Matthew Ch. 11:28-30. Jesus is telling us here that He'll give us rest. If we come to Him and give Him our heavy loads of worry He'll take them and in return He'll help us and make our loads light and easy to carry so that they won't weigh us down or make us tired and weary. This is a hard analogy to understand but if you imagine a donkey carrying a huge load of bricks, staggering under the weight and possibly tripping and falling. Then someone taking away the bricks and giving the tired donkey a rest and a drink and then giving him just one brick to carry easily. This is what God does for us if we go to Him. He gives us rest and then helps us carry on and face what we need to and bring us through it. But we have to keep going back and keep talking to Him, keep handing over our worries and keep receiving His love and grace. If we stop talking to Him our worries grow and we feel heavier and our peace leaves us, we need to stop and rest, give our worries to God and He'll help us carry them and make them lighter and easier to manage and sort through. He won't magic things away but He will light a way through.

r: *Respond (do it!)*

Make it happen! Put your plan into action and complete the challenge.

e: *Evaluate (so)*

So what have you discovered/learnt? Think through how successful you've been with this challenge:

- What do you think you've learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- What would you change if you were to do it again?
- How has this challenge given you a Christian perspective on the things you encounter in everyday life?

Living Well channel

Your challenge:

HOW GOD SEES US

God loves you and created you, He knows you, and you can never disappoint Him. He has planned your journey and made you perfect for it. How do you see yourself and how does God see you? What's important in this world is not what's important to God. Body image, how we see ourselves and how we perceive others see us can be a constant pressure in our lives. Explore body image and its impact on lives. How do you see God, where is He in your life and where would He like to be? Do you keep Him for Sundays and GB days or is He in the middle of everything? Our lives can be a chaotic jumble of family, friends, learning, working, relaxing and each is important. It doesn't matter that it's a jumble if God is in the middle of it.

N: *Notions (who)*

These notions/ideas suggest ways in which you might determine how you might discover how God sees you. You could:

- Body image is always around us and it's a topic that never seems to go away and is always a cause for concern. Our bodies are fantastic, they're marvellous machines that change and adapt in many different ways, helping us to be strong, healthy, heal, and give life. Research the major concerns around body image in young people of your age group. What would help to reduce anxiety around body image? What would help to irradicate the negative influences around body image? Are all communities and backgrounds represented? Is body image an issue for all? Be careful where you research and what sources you use. Present your research as a PowerPoint or poster or leaflet.
- Your body is yours, it was a gift from God, shaped by your parents but ultimately designed by God. What you do with this precious gift is your decision but God wants you to respect your body because it's capable of many things. Research how your body changes from being a baby to a grown adult. Some things are obvious, puberty changes for example but what's going on inside. What do those changes enable you to do? What happens inside the brain when you move from a new-born baby to starting school? How do we learn, how do our muscles change to enable us to be strong? Can we influence the changes? Create a presentation or leaflet or poster or video about all or one specific change that happens as we grow up. You can be technical or keep it basic. You could present your findings to the group.
- Who do you think God is and how does He see you? It's a tricky question to answer but it's important that you have an idea of who you are in God's eyes. Write on a big sheet of paper all the things God sees about you. Colour code it into thoughts, feelings, actions, words... write an honest portrait of yourself, how you are at home, at school or college, at church or GB. Do you behave differently with different groups of people? Sometimes that's completely right, to behave differently in different situations, showing respect and a certain use of language or actions, but do you ever completely change your likes and dislikes to fit in? You can present this any way you choose, spider graphs, pictures, mindmap etc. God sees all of these, which is the real you? Any of them? Think about the situations where you're furthest from the real you that you want God to see. Who surrounds you then? Is this a good or safe place for you? Think about the people who surround you when you're nearest to the real you that you want God to see. Can these people be around you more? Make a plan to try for the next weeks to be the real you that you want God to see. Note when you do it, and when you don't. God doesn't mind He is ecstatic that you're trying!

S: *Set the scene (what)*

Think/talk through what the challenge is about, these are all tricky challenges and very thought-provoking, are you ready? The following may help you:

Before you start any of the challenges watch the koko video (URL on Page 1) telling you about your amazing body.

- What do you already know about things and what else do you need to find out? Depending on how scientific you are you'll be able to find lots of information.
- What are your thoughts on the subject? Do you agree with the research out there?
- What you discover may be upsetting, is there a trusted person you can speak to if things get a bit hard to process?

p: *Pin it down (how)*

Study some of the information you've gathered and consider how you'll complete the challenge.

Who? Do you need anyone to help/train/supervise/advise you?

What? What special equipment/space/advice do you need to complete the challenge?

How much? What costs might be involved and how will this funding be found?

When? Are there any dates or time scales you must set in order to ensure you meet your deadlines?

i: *Investigate the Christian perspective (why)*

Use this opportunity to explore what the Bible/other Christians say.

- Have a look at Romans Ch.12:1-2. Here we're told that God doesn't see us as the world sees us. What's important here and to us and our friends isn't necessarily important to Him. God wants us to let Him in and be in the middle of everything we are, then He can start transforming how we see things and we'll start to value what He values and our beauty will shine out of us from within.
- Isaiah Ch.43:7 tells us that God created us to bring Him glory and we are His. If we let God into the chaos and let Him help us make sense of things He'll make sure we're always bringing Him glory. God knows you inside and out, He made you and you can never disappoint Him. He never keeps a count of how many times we get it wrong but when we get it right He celebrates! He waits patiently for us to realise, after all He already knows our journey and how it starts and ends and all the messy bits in between, and He gave us the perfect body for it. We need to relax and enjoy the ride with Him.

r: *Respond (do it!)*

Make it happen! Put your plan into action and complete the challenge.

e: *Evaluate (so)*

So what have you discovered/learnt? Think through how successful you've been with this challenge:

- What do you think you've learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- What would you change if you were to do it again?
- How has this challenge given you a Christian perspective on the things you encounter in everyday life?

living Well channel

Your chosen challenge:

n: *Notions*

Outline your idea.

S: *Set the scene*

Jot down your initial thoughts/questions.

P: *Pin it down*

Consider who will be involved, when it will happen, what you will need and how much it will cost etc.

Who?

What?

How much?

When?

i: *Investigate the Christian perspective*

Outline how you will find out what the Bible/other Christians say about this topic.

Will you have a specified time every week or one whole evening focused on this aspect of your challenge?

Will it be led by visitors/your leader/your chaplain/members of your group?

R: *Respond*

Now use the challenge plan on the next page to help you to make it happen!

Work out what will happen each week.

Identify who you will need to help you/who is inviting them/who is leading/who will be involved in each activity etc.

Ensure you will have the resources you will need.

Record the time you are involved each week to keep track of your progress.

e: *Evaluate*

Think through how successful you have been by considering the evaluation questions.

Record your story in your My n:spire journal.

Living Well channel

Challenge plan

DATE	ACTIVITY What will you do this week?	WHO Who will support you to facilitate this session?	WHAT What equipment is needed?
Week/step 1 Date: Time:			
Week/step 2 Date: Time:			
Week/step 3 Date: Time:			
Week/step 4 Date: Time:			
Week/step 5 Date: Time:			
Week/step 6 Date: Time:			
Week/step 7 Date: Time:			
Week/step 8 Date: Time:			
Week/step 9 Date: Time:			
Week/step 10 Date: Time:			

Copy for additional weeks as required.

living Well channel – Resource Sheet A: Activity log

Day	Activity	How long
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		

living Well channel – *Resource Sheet B: Bible verses*

To find Biblical references or quotes, start with a Bible concordance to look up certain words. Or take a look at some of the references below, they might be helpful, you may already know some passages that make you feel better.

Ephesians Ch.1:4-7

Ephesians Ch.2:10

John Ch.15:9

Romans Ch.12:12

Psalm 46:1

Psalm 73:26

To find quotes from other people try looking up well-known figures such as Mother Theresa, Archbishops or other saints or prominent faith figures.

Be careful where you look, if you find something you like and it makes you feel good, use it!

living Well channel - *Resource Sheet C: Rest - Sleep Log Template*

Day	Time to sleep	Activity before sleep	Wake up time

living Well channel - Resource Sheet C: Rest - Sleep Routine Tracker

Day	Time started before sleep activity	Before sleep activity is...	Wake up time	Wake up activity	How did it go today/last night?

Why use this channel?

This channel is crammed full of challenges to help you to live well. They'll inspire you to discover more about yourself and how you choose to live, are you being the best you can be? Through the challenges you can be creative, expressive, mindful and radical to optimise your physical and mental well-being.

The programmes:

MOVING YOUR BODY

HEALTHY EATING

SELF-CARE

REST

HOW GOD SEES US



Published by GB Trading for:

The Girls' Brigade England & Wales Network

Cliff College, Calver,

Hope Valley, Derbyshire,

S32 3XG

Tel: 01246 582322

Web: www.girlsbrigadeministries.org.uk

A company limited by guarantee

Registered in London no 206877

Charity reg no 206655