

WELCOME TO S1 RMPS

S1 RMPS CHALLENGE

How many challenges can you complete?!

HOW MANY WORLD RELIGIONS CAN YOU FIND?

Create a list of as many religions as you can find? What's the most unique one you can find?!

2 Points

COLOUR OR CREATE YOUR OWN MANDALA

Find a Mandala template and colour this in or create your own!

Mandalas are part of Buddhism and represent a symbolic picture of the universe! Creating these are great for mindfulness!

3 points

WHAT CELEBRATIONS HAPPEN IN JUNE AND JULY?

Create a calendar of religious and non religious celebrations that take place in the summer.

3 Points

TRY SOME YOGA

Yoga is great for mental and physical wellness! Give it a go! Or try some mindfulness breathing....how much better do you feel?

It originated from the religion Hinduism!

2 Points

WHAT MAKES LIFE GREAT?!

SHARE THE HAPPINESS!!.

Humanists believe we find our own happiness in life! Create a poster telling us about 5 things that make you happy!!

5 Points

ORAGAMI ANYONE?

Can you create any origami? It's thought if you create 1000 origami cranes a wish could come true! They are a symbol of healing during challenging times.

2 Points

ONCE YOU HAVE COMPLETED A CHALLENGE SEND IT TO
S.NISBET@ANGUSSCHOOLS.ORG.UK OR TWEET @MHSRMPs