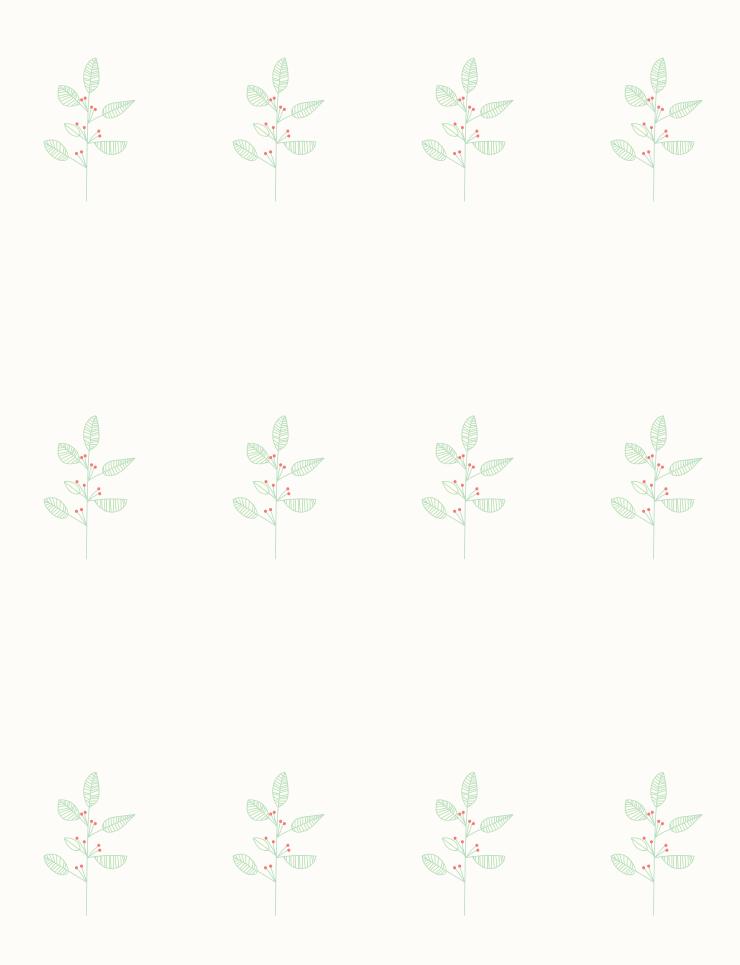
Collect some Name one Find a comfy Tell a joke. interesting thing you patch of ground, Extra challenge: objects from are looking lie down and it can't be anything to do nature forward to look up at the sky. with toilets! to decorate doing today If there are your home clouds make up with. stories about them. Name 3 things Head outside Write a list of Put on your you love about with your conversation favourite song someone in family and starters and have a dance! your family. play a game, for dinner whatever takes tonight. your fancy! Pick up some Change your Take a moment Do something perspective and rubbish even if it kind for your to visualise your neighbour. doesn't belong get upside happy place, down. then describe it to you.. Downward dog, (smell, colour, handstand, feelings there). legs up the wall -

your choice!



13

Make a
mindful moment take 5 deep
breaths,
or close your
eyes
and name what
you can hear.

14

Play a game of air charades. Like air guitar, air surfing. Act out your favourite activity. 15

Post a letter to someone today. Write about why you are thinking of them. 16

Play whole body scissors paper rock!

17

Smile and say hi to someone you pass on the street today. 18

Look for an opportunity to be helpful today - make it your B.O.B moment (be of benefit).

19

Name 3 things you are proud you have done this year. 20

Close your eyes and draw. Don't think about what, just draw and see what you create.

21

Chew a piece of chocolate for as long as possible! Or count your chews... try to get to 50! 22

Write down something you want to learn or get better at next year. 23

Sing your favourite christmas carol, favourite song, anything just sing (and even better in a group)! 24

Name one thing you want to savour about this year

