

SIT IN
NATURE

TURN OFF
ALL ELECTRONICS

DANCE LIKE
NO-ONE IS WATCHING

TAKE A
SHOWER OR
BATH

MAKE
YOUR BED

WALK BAREFOOT
ON THE GRASS

HAVE A
HEALTHY SNACK

TALK TO A FRIEND

HUG
A PET

♡ 25

WRITE IN
THIS JOURNAL

DO
SOMETHING
NEW

WAYS TO
LOOK AFTER

READ
A BOOK

GO FOR
A RUN

CLIMB
A TREE

SIT IN
THE SUN

>> YOU <<

DO SOME
COLOURING IN

LAY ON YOUR BACK
AND WATCH THE CLOUDS

GO FOR
A WALK

TAKE SOME
DEEP BELLY
BREATHS

VISUALISE
SOMETHING
AWESOME

LISTEN
TO MUSIC

WATCH
SOMETHING
FUNNY

DO SOME
MEDITATION

CHANGE
YOUR
ENVIRONMENT

DO SOMETHING
NICE FOR SOMEONE

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