

<p>1 Smile at everyone you meet</p> 	<p>2 Go for a walk with a friend or family member</p> 	<p>3 Play a card or board game</p> 	<p>4 Write or draw something good that has happened</p> 	<p>5 Find out as much as you can about a country or famous person</p> 	<p>6 Find a "quote" that means something to you and draw or take a picture to illustrate it</p>	<p>7 Make a collage of all your favourite things. Use magazines or photos</p>	<p>8 Redesign your bedroom. If you share do it together</p> 
<p>9 Read a story to someone</p> 	<p>10 Make a list of 6 things you are thankful for</p> 	<p>11 Wake up early and surprise people by making breakfast or a drink</p> 	<p>12 Build a house only using: 2 pieces of paper 2 paperclips 2 small pieces of cellotape</p>	<p>13 With someone or by yourself create a piece of music or a dance to go with piece of music or song</p> 	<p>14 Design and make a Christmas or thankyou card and send it to someone</p> 	<p>15 Write a poem or limerick about the way you feel. Share it with a person of your choice</p>	<p>16 List 3 activities that make you feel good and do ONE of them</p> 
<p>17 Make a small ball or marble run. Use any suitable objects you can find</p>	<p>18 Make your own music playlist</p> 	<p>19 Using balloons can you make an animal</p> 	<p>20 Make a joke book by asking people to tell you their favourite joke</p>	<p>21 Create a memory box. In a small box put special photos, cards, objects</p>	<p>22 Make finger puppets and create a show around them</p> 	<p>23 Take time out and chill by sitting quietly and concentrate on your breathing</p>	<p>24 Create a puzzle – crossword, spot the difference, maze. Time people to do it</p>