

1

Collect some interesting objects from nature to decorate your home with.

2

Name one thing you are looking forward to doing today

3

Find a comfy patch of ground, lie down and look up at the sky.
If there are clouds make up stories about them.

4

Tell a joke.
Extra challenge: it can't be anything to do with toilets!

5

Name 3 things you love about someone in your family.

6

Head outside with your family and play a game, whatever takes your fancy!

7

Write a list of conversation starters for dinner tonight.

8

Put on your favourite song and have a dance!

9

Pick up some rubbish even if it doesn't belong to you..

10

Change your perspective and get upside down.
Downward dog, handstand, legs up the wall - your choice!

11

Take a moment to visualise your happy place, then describe it (smell, colour, feelings there).

12

Do something kind for your neighbour.

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

