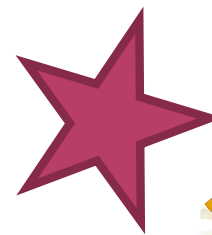


THINK
POSITIVE



Wellbeing ideas



STAY SAFE
STAY WELL

- Find a song that makes you feel really good. Sing and do a crazy dance
- Make a gratitude jar. Use a clean jar and make a label. Write all the things you are grateful for on strips of paper and pop them in the jar
- Blow up a balloon and write all your worries on it with a permanent marker. Pop the balloon up into the air and let them go
- Write a letter to a neighbour or family member who might be feeling lonely right now
- Play a favourite board game with a grown up
- Make a rainbow out of coloured objects you can find around the house/garden
- Draw a view from one of your windows
- Write notes for all your family and hide them around the house for them to find. Tell them what you love about them
- Write a list of your 5 best days ever and share them with your family
- Make a paper chain out of strips of paper. Write something that makes you happy on each one and decorate. Link them together and decorate your calming area or bedroom
- Using your name, write a strength of yours next to each letter

M indful

R esponsible

S trong

W ise

H onest

A mbitious

T rustworthy

L oving

E mpowering

Y oung at heart