

30 day positivity challenge!

Have a go at doing these challenges

Day 1: Plant your sunflower seeds that are provided in this pack, by the end of challenge we would love to see how tall your sunflowers

Day 2: Do something to surprise somebody you love

Day 3: Colour in your 'Thankyou postman' poster and pop it in your window!

Day 4: Bake some yummy cakes

Day 5: Perform an act of kindness- this could be texting a friend/family member to ask how they are

Day 6: Colour in your 'Thankyou Grocery workers' and pop it in your window for everyone to see!

Day 7: Watch a documentary about something you find interesting

Day 8: Colour in your 'Thankyou NHS' poster for everyone to see!

Day 9: Reconnect with nature, go onto the rspb website and see how many birds you could see

Day 10: Make a playlist of your favourite upbeat music

Day 11: Make your teacher a thankyou card and send it in to your school to show your teacher your appreciation

Day 12: Write a poem about something that interests you

Day 13: Make a list of what you would like to do in the future, would you like to start dance classes? Travel?

Day 14: Try learning a new skill, look on Youtube for inspiration

Day 15: Go for a mindful walk, think about what you can hear and what you can see around you

Day 16: Design your own perfect island, think about what it would look like. Who/what would be on it?

Day 17: Do something to pamper yourself, look on Youtube for inspiration. You could look at making your own natural face/hair mask.

Day 18: Make a dinner/help make a dinner for family have a look online, maybe try something new!

Day 19: Make a collage of photos that are important to you. Design your own photo frame.

Day 20: Have a movie night with your family

Day 21: Call an elderly relative and see how they are getting on. I'm sure they will really appreciate this

Day 22: Water the plants

Day 23: Write 5 positive quotes and place them around the house for you to look at

Day 24: Tidy your room!

Day 25: Play a board game with your family

Day 26: