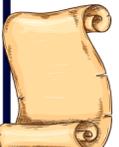


# 30 POSITIVE ACTIVITIES FOR CHILDREN

Stay positive during these tough times by choosing 1 activity to do each day!  
You can start anywhere and do them in any order.

<p><b>1</b> Offer to help others at least 3 times today.</p> 	<p><b>2</b> Write down at least 3 helpful ways to deal with your worries.</p> 	<p><b>3</b> Draw your top 5 most beautiful things from nature.</p> 	<p><b>4</b> Create a word-art of words to do with 'Wellbeing'.</p> 	<p><b>5</b> Create a collage called...</p> <p><b>ME &amp; MY WORLD</b></p> 
<p><b>6</b> Draw your Super-Hero Self and give yourself 3 super-powers!</p> 	<p><b>7</b> Do at least 30 minutes of physical activity of your choice.</p> 	<p><b>8</b> Write down 5 helpful things you can say to yourself when you are faced with a problem.</p> 	<p><b>9</b> Draw a picture of a scene from one of your favourite movies.</p> 	<p><b>10</b> Create some new recipes for healthy snacks or smoothies.</p> 
<p><b>11</b> Write an acrostic poem on kindness.</p> 	<p><b>12</b> Draw a picture of a time when you were really proud of yourself.</p> 	<p><b>13</b> Draw a picture of a well known London landmark.</p> 	<p><b>14</b> Make a poster of your favourite quote or saying.</p> 	<p><b>15</b> Write a happiness list of 10 things that make you feel happy.</p> 
<p><b>16</b> Make a list of your top ten favourite funny clips from YouTube!</p> 	<p><b>17</b> Write a list of 10 people who inspire you.</p> 	<p><b>18</b> Create a mini-project on your favourite author, inventor, artist or sportsperson</p> 	<p><b>19</b> Give at least 5 compliments to people today.</p> 	<p><b>20</b> Do at least 3 chores at home without being asked.</p> 
<p><b>21</b> Draw a self-portrait called 'Being Me' and write all your best qualities around it.</p> 	<p><b>22</b> Draw a picture of your favourite place.</p> 	<p><b>23</b> Create a joke book with a collection of your favourite jokes.</p> 	<p><b>24</b> Write down 3 good things that happened today.</p> 	<p><b>25</b> Relax your body with a mindfulness video. <a href="http://www.lpessn.org.uk">www.lpessn.org.uk</a></p> 
<p><b>26</b> Create a poster with an A-Z of things you are grateful for.</p> 	<p><b>27</b> Make a thank-you card and send or give it to someone you'd like to thank.</p> 	<p><b>28</b> Create a random acts of kindness bingo card with 9 items and do all of them today.</p> 	<p><b>29</b> Create a Positivity Playlist of your 10 favourite feel-good songs.</p> 	<p><b>30</b> Eat the rainbow! Eat healthy foods of each colour of the rainbow today.</p> 