

Creative activities ideas .

What are you grateful for? Write a note or card or letter of thanks – send it or keep it.

Who do you love? Make a list and repeat their names aloud (start with a whisper, end with a shout)

Write a wish on a piece of paper, tie it or stick it to a tree, shrub, plant or chair, add a wish every day, and watch your 'wishing tree' grow

Draw a scene from your favourite story or movie – now try another with your eyes closed.

Watch the sky from your door or window for at least a minute. Take a photo and send it someone you love.

Open the door or window, close your eyes, and listen. Can you draw the birds? Can you draw the sounds that you hear?

Imagine the coronavirus as a monster. Can you draw it? Can you fight it? Can you defeat it?

Can you imagine your family as animals? Draw them having dinner, watching a movie or dancing

What are you angry about? Write a note or card or letter of forgiveness – send it or keep it

Use your clean recycling to build a monster, make it bigger every day and smash it up at the end of the week

Who do you miss? Draw a portrait of someone you miss and send it to them

Learn to say thank you in a new language every day – say it all day long

Draw a real or imaginary animal for every letter of the alphabet to make an alphabet zoo

Make a thankyou NHS banner or bunting and hang it on your door / in your window

Get a page from a newspaper or magazine, choose a word from each line and black out or paint over the rest to make a poem

What do you miss doing? Make a poster or map of your favourite places and activities

Learn to say I love you in a new language every day – say it all day long

Make a portrait or self/portrait of your favourite cartoon or anime hero or heroine as a doctor or nurse