

Things to make you feel good 😊

Write a positive/powerful message and put it in the window for all to see	write a letter to a relative/ friend, someone who would appreciate it	Surprise your grown up with a simple act of kindness – it could even be a surprise tidy up!	make a collage of positive words using magazines/newspaper
Draw a picture of a happy family time and give it to your grown up	Read your grown up a story	just lie down and listen for a while- what can you hear? Preferably outside.	Do some gardening pick some flowers for a parent
Cook something for your grown up	Write an acrostic poem for a parent/ friend using their name- say nice things about them	Draw a heart outline write as many positive feelings words as you can inside and decorate	start a record breaking challenge- or beat your own best- as silly as you want!
leave someone in the house a lovely surprise note	compliment a classmate's work on SeeSaw	Help nature... Feed the birds Build a bug house..	Film yourself telling some jokes and send them to a relative
Go on a virtual museum tour The Natural History Museum is ace.....	Every day write down one thing that has been great about your day on a slip of paper, fold it and put it in a box or tub of some description then at the end of the month open them all and read.	Make a thank you card for the post person and Sellotape it to your door for them to take the next time they deliver the post.	Make thank you cards for the supermarket workers and give it to a grown up to take the next time they go shopping.