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| Keep happy and calm 30 day challenge! | | | | |
| 1  Draw a scribble pattern and colour it in | 2  Sing along to your favourite song | 3  Eat something like you have never tasted it before.  Think what it feels like , on your lips, your mouth, how it tastes. | 4  Do something kind for someone | 5  Do something that makes you laugh |
| 6  Think of 3 things that make you happy | 7  Listen to your favourite music | 8  Cloud watching – either from the window if you can’t go outside. what shapes can you see? | 9  Get some fresh air, play in the garden or ask an adult to open a window to let the fresh air in if you cant. | 10  Do Darth Vada breathing  Breath in through your nose and keep your moth closed and breath out from the back of your throat, making a Darth Vada noise |
| 11  Draw a picture | 12  Help someone do a task | 13  Do some exercise and stretches | 14  Try to make someone laugh with you | 15  Dance like nobody is watching |
| 16  Play a simple game with someone, like noughts and crosses | 17  Close your eyes and focus on what you hear. Do this for few minutes | 18  Think of 3 things that you are great full for | 19  Belly breathing  breathe from your belly up in to your lungs | 20  Watch a favourite program with someone |
| 21  How many star jumps you can do in 5 mins | 22  Play with your favourite toy | 23  Go for a walk | 24  Try some yoga moves ( see separate sheet) | 25  Show somebody 3 things that are great at ! |
| 26  Give at least 3 compliments today. | 27  Balance on one foot see how long you can do on each foot | 28  Play sleeping lions. How long can you stay still for? | 29  Bake or cook something with an adult …enjoy eating it together | 30  Sing along to your favourite song with a friend or family member |
| You can do this challenge in any order.  Which is your favourite activity?  How did it make you feel?  What other activities can you think to do to make you feel happy and calm? | | | | |