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