








50 daily tasks to improve wellbeing

Try one activity a day at home or in school to improve your physical and mental health

<input checked="" type="checkbox"/> DAY 1 <p>Write down three things that you are thankful for in your life.</p> <p>GRATITUDE: <i>People who write about gratitude tend to feel more optimistic, experience better sleep and less stress and generally feel happier about their lives.</i></p>	<input type="checkbox"/> DAY 2 <p>Ask a friend or family member how their day was. Listen carefully to their answers.</p>	<input type="checkbox"/> DAY 3 <p>Drink six glasses of water throughout the day.</p> 	<input type="checkbox"/> DAY 4 <p>Spend fifteen minutes drawing and sketching ideas that pop into your head.</p>	<input type="checkbox"/> DAY 5 <p>Eat three pieces of fruit and veg in one meal.</p> 
<input type="checkbox"/> DAY 11 <p>Ring a friend or family member and ask them how their day or week has been.</p>	<input type="checkbox"/> DAY 12 <p>Give yourself a tech free evening and turn off all your devices at least three hours before bed.</p>	<input type="checkbox"/> DAY 7 <p>Go for a walk or run before breakfast, lunch or dinner.</p> <p>EXERCISE: <i>Being active is not only great for your physical health, but it can also cause chemical changes in your brain, which helps to improve mood and reduce stress.</i></p>	<input type="checkbox"/> DAY 8 <p>Make an active decision to smile more today.</p> 	<input type="checkbox"/> DAY 9 <p>Spend twenty minutes reading or listening to an audiobook.</p>
<input type="checkbox"/> DAY 16 <p>Aim to walk 10 000 steps today.</p> 	<input type="checkbox"/> DAY 17 <p>Avoid any artificial food flavourings and sugar for 24 hours.</p>	<input type="checkbox"/> DAY 18 <p>Spend at least thirty minutes outdoors in the fresh air and nature.</p>	<input type="checkbox"/> DAY 13 <p>Write down three positive things about yourself.</p> 	<input type="checkbox"/> DAY 14 <p>Do something nice or helpful for someone that means a lot to you.</p> <p>RELATIONSHIPS: <i>Maintaining good and healthy relationships can help build a sense of belonging and self worth and provide opportunities to share positive experiences.</i></p>
<input type="checkbox"/> DAY 21 <p>Do something that makes you feel good, such as having a bath, watching a film or walking the dog.</p> 	<input type="checkbox"/> DAY 6 <p>Do a chore in the house without being asked e.g. cleaning your room or washing the dishes.</p>	<input type="checkbox"/> DAY 22 <p>Write down five things that you want to achieve by the end of the week.</p>	<input type="checkbox"/> DAY 19 <p>Try some gentle exercises, such as yoga or pilates.</p>	<input type="checkbox"/> DAY 20 <p>Get creative in the kitchen and cook or bake a meal or treat for either yourself or your family.</p>
<input type="checkbox"/> DAY 10 <p>Follow this routine (x3): 25 star jumps 10 lunges (each leg) 5 sit-ups</p>	<input type="checkbox"/> DAY 15 <p>Have a night off from using social media.</p> 	<input type="checkbox"/> DAY 23 <p>Watch a TED talk or short documentary on a topic that interests you.</p>	<input type="checkbox"/> DAY 24 <p>Leave a positive note for a family member to find in your house.</p>	<input type="checkbox"/> DAY 25 <p>Follow an online workout or yoga class.</p>

50

daily tasks to improve wellbeing

Try one activity a day at home or in school to improve your physical and mental health

<input type="checkbox"/> DAY 26 Spend fifteen minutes with your eyes closed focusing on your breathing or follow an online guided meditation session.	<input type="checkbox"/> DAY 27 Spend half an hour doing something you love, such as playing an instrument, painting or cooking.	<input type="checkbox"/> DAY 28 Write down your 'perfect morning routine' and follow it for one week, starting tomorrow.	<input type="checkbox"/> DAY 29 Make yourself a hot drink and enjoy it undistracted. 	<input type="checkbox"/> DAY 30 Spend twenty minutes sitting outside sketching what you see (weather permitting!)	
<input type="checkbox"/> RELAXATION: <i>Relaxing helps us to have a clearer and calmer mind, which aids positive thinking and relieves tensions.</i>	<input type="checkbox"/> DAY 31 Try to give five things to charity that you no longer use or need.	<input type="checkbox"/> DAY 32 Get at least eight hours of good sleep. SLEEP: <i>Getting the right amount of sleep each night provides your body with the time to rest, repair and rebuild leading to a stronger immune system, reduced stress and improved emotional wellbeing.</i>	<input type="checkbox"/> DAY 33 Download a relaxation app to your phone and try using it. 	<input type="checkbox"/> DAY 34 Aim to walk 15 000 steps today. 	<input type="checkbox"/> DAY 35 Research 'healthy snack recipes' and try to cook them in batch to have throughout the week.
<input type="checkbox"/> DAY 36 Start this week by saying out loud five positive things about yourself.	<input type="checkbox"/> DAY 37 Spend some time doing something with a family member, such as playing a game.	<input type="checkbox"/> DAY 38 Plan something fun to do this weekend with friends or family.	<input type="checkbox"/> DAY 39 Eat five pieces of fruit and veg throughout the day. DIET: <i>When we eat well we sleep better, have more energy to do the things we enjoy and feel good about ourselves, which helps create a healthier and happier life.</i>	<input type="checkbox"/> DAY 40 Tell a teacher what you enjoy about their lessons. 	<input type="checkbox"/> DAY 41 Listen to your favourite song and close your eyes, sing or dance!
<input type="checkbox"/> DAY 42 Aim to walk 20 000 steps today. 	<input type="checkbox"/> DAY 43 Try making a to-do list for the following day before you go to bed tonight.	<input type="checkbox"/> DAY 44 Think of a new hobby to start over the Christmas holidays. 	<input type="checkbox"/> DAY 45 Send a positive and happy text or email to a friend or family member.	<input type="checkbox"/> DAY 46 Do something that makes you laugh, such as watch stand up comedy or a funny film. 	<input type="checkbox"/> DAY 47 Spend some time organising your school folders or computer files.
<input type="checkbox"/> DAY 48 Go through the photos on your phone or computer and create an album called 'happy memories'.	<input type="checkbox"/> DAY 49 Rearrange your furniture or hang up a new picture to improve your bedroom environment.	<input checked="" type="checkbox"/> DAY 50 Congratulations! Now make a note of all the daily tasks you enjoyed. Which ones will you continue?			