

30 ways to thrive



Do some colouring or drawing	Make a feelings playlist	Discover and listen to some music you haven't played before	Phone a friend for a chat	Listen to the rain for at least 3 minutes
Do some meditation or yoga	Look at some happy photos	Send a message of support to the NHS https://thanksmillionnhs.co.uk	Raise some money for charity	Walk at least a mile
Hug a person or pet	Talk to someone you trust	Write your thoughts down	Make someone laugh	Use a health related phone app
Do some baking	Do some sewing or knitting	Do some skipping for at least 5 minutes	Write a happy list and read it back	Send someone you care about a complimentary text or email
Contact an elderly person or someone living alone	Play a musical instrument for at least 10 minutes	Play a board game/ game of cards/ do a jigsaw	Do a household chore (without being asked!)	Learn how to say 'it's nice to meet you' in new language
Make a list of 10 things you are looking forward to when lockdown ends	Write a handwritten letter to someone and send it to them	Try out a new type of exercise	Make a paper aeroplane that flies 2 metres	Cook a new recipe/ try a new food

Cross each activity off as you go!