

30 Mindful Moments

<p>1 Make a heart shape out of all the things that you can find that make you happy in your house or garden</p>	<p>2 Take a photograph of something that makes you feel happy</p>	<p>3 Find a song that makes you feel really good. Sing and do a crazy dance!</p>	<p>4 Blow up a balloon and write all your worries on it with a permanent marker. Bat the balloon up into the air and let them go!</p>	<p>5 Read a favourite book that makes you feel happy</p>	<p>6 Give a compliment to someone in your house. You could make a card and write it in the card</p>
<p>7 Make up a dance routine and teach it to someone in your family</p>	<p>8 Learn a new skill such as how to wash up, fill the dish washer, knit, sew or crochet</p>	<p>9 Write a letter to a neighbour who might be lonely right now</p>	<p>10 Shut your eyes and listen for two minutes. Make a list of all the things you heard in that two minutes</p>	<p>11 Play a favourite board game with a grown up</p>	<p>12 Make some sock puppets and then put on a puppet show</p>
<p>13 Plant some seeds to grow flowers or vegetables</p>	<p>14 Make a gratitude jar. Use a clean jam jar and make a label. Write all the things you are grateful for on slips of paper and pop them in the jar</p>	<p>15 Make a calming area in your house. Add cushions, a den, favourite books, music and cuddly toys. Go there and relax once a day or if you feel overwhelmed</p>	<p>16 Make a huge list of 'happy' words. Make them into a wordsearch for your family to solve</p>	<p>17 Make a paperchain out of strips of paper. Write something that makes you happy on each one and decorate. Link them together and decorate your calming area or bedroom</p>	<p>18 Make a worry monster out of an old tissue/cereal box. Make an opening for the monster's mouth and write any worries down and let the monster eat them</p>
<p>19 Make a rainbow out of coloured objects you can find around the house/garden</p>	<p>20 Make a treasure map of your house/garden and hide objects for others to find</p>	<p>21 Draw a view from one of your windows</p>	<p>22 Make a tree of thanks either with twigs from the garden or out kitchen rolls. Write all the things you are thankful for and hang on the tree</p>	<p>23 Read a story to someone today and make all the voices of the characters come to life</p>	<p>24 Have a movie night with popcorn or snacks and your favourite drink. Cuddle up together on the sofa!</p>
<p>25 Write notes for all your family and hide them around the house for them to find. Tell them what you love about them</p>	<p>26 Make music from pots, pans and wooden spoons</p>	<p>27 Write an A-Z of your favourite things</p>	<p>28 Write a list of your 10 best days ever! Share them with your family</p>	<p>29 Send a video message/text or ring someone you care about</p>	<p>30 Create a happy face out of anything at all in your house or garden. Get creative!</p>