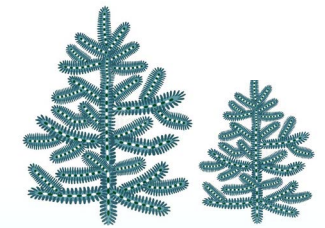









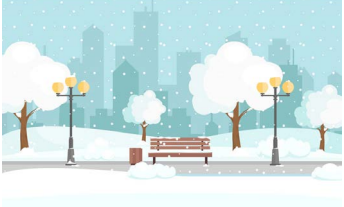




# 25

# daily tasks to improve wellbeing

Try one activity a day to improve your physical and mental health



<input checked="" type="checkbox"/> <b>DAY 1</b> Write down three things you're grateful for in your life.  <b>GRATITUDE:</b> <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>	<input type="checkbox"/> <b>DAY 2</b> Drink six glasses of water throughout the day. 	<input type="checkbox"/> <b>DAY 3</b> Try to think of three things that you can donate to charity at the weekend.	<input type="checkbox"/> <b>DAY 4</b> Aim to walk 10 000 steps today. If you walk to school, try taking the longer route. 	<input type="checkbox"/> <b>DAY 5</b> Aim to eat five pieces of fruit or veg today, especially that piece of fruit in your lunch bag. 	
<input type="checkbox"/> <b>DAY 11</b> Tell a teacher what you enjoy about their lessons. 	<input type="checkbox"/> <b>DAY 12</b> Write down your 'perfect morning routine' and try following it over the next few days.	<input type="checkbox"/> <b>DAY 7</b> Go for a walk or run before it gets too cold!  <b>EXERCISE:</b> <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>	<input type="checkbox"/> <b>DAY 8</b> Make yourself a hot drink and enjoy it undistracted. 	<input type="checkbox"/> <b>DAY 9</b> Spend at least thirty minutes outdoors in the fresh air and nature. Don't forget to wrap up warm!  <input type="checkbox"/> <b>DAY 13</b> Spend some time doing something with a family member, such as playing a game	<input type="checkbox"/> <b>DAY 10</b> Research 'healthy snack recipes' & try to cook them in batch to have throughout the week.  <input type="checkbox"/> <b>DAY 14</b> Plan to do something nice or helpful for someone close to you.  <b>RELATIONSHIPS:</b> <i>Maintaining good and healthy relationships can help build a sense of belonging and self worth and improve our mental and emotional wellbeing.</i>
<input type="checkbox"/> <b>DAY 16</b> Write down five things that you want to achieve by the end of the week.	<input type="checkbox"/> <b>DAY 17</b> Listen to your favourite Christmas song and sing or dance! 	<input type="checkbox"/> <b>DAY 18</b> Make an active decision to smile more today. Remind others to smile too! 	<input type="checkbox"/> <b>DAY 19</b> Think of a new hobby to try over the school holidays. 	<input type="checkbox"/> <b>DAY 20</b> Download a relaxation app to your phone and try using it. 	
<input type="checkbox"/> <b>DAY 21</b> Do something that makes you feel good, such as walking the dog, having a bath or baking a cake 		<input type="checkbox"/> <b>DAY 22</b> Watch a TED talk or short documentary on a topic that interests you. 	<input type="checkbox"/> <b>DAY 23</b> Give yourself a tech free evening and turn off all your devices at least one hour before bed.	<input type="checkbox"/> <b>DAY 24</b> Leave a positive note for a family member to find in your house. 	<b>DAY 25</b> <b>MERRY CHRISTMAS</b> 