








# 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"/> <b>DAY 1</b> Write down three things that you are thankful 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> Ask a friend or family member how their day was. Listen carefully to their answers.	<input type="checkbox"/> <b>DAY 3</b> Drink six glasses of water throughout the day. 	<input type="checkbox"/> <b>DAY 4</b> Spend fifteen minutes drawing and sketching ideas that pop into your head.	<input type="checkbox"/> <b>DAY 5</b> Eat three pieces of fruit and veg in one meal. 
<input type="checkbox"/> <b>DAY 11</b> Ring a friend or family member and ask them how their day or week has been.	<input type="checkbox"/> <b>DAY 6</b> Do a chore in the house without being asked e.g. cleaning your room or washing the dishes.	<input type="checkbox"/> <b>DAY 7</b> Go for a walk or run before breakfast, lunch or dinner.  <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 an active decision to smile more today. 	<input type="checkbox"/> <b>DAY 9</b> Spend twenty minutes reading or listening to an audiobook.
<input type="checkbox"/> <b>DAY 16</b> Aim to walk 10 000 steps today. 	<input type="checkbox"/> <b>DAY 12</b> Give yourself a tech free evening and turn off all your devices at least three hours before bed.	<input type="checkbox"/> <b>DAY 13</b> Write down three positive things about yourself. 	<input type="checkbox"/> <b>DAY 14</b> Do something nice or helpful for someone that means a lot to you.  <b>RELATIONSHIPS:</b> <i>Maintaining good and healthy relationships can help build a sense of belonging and self worth and provide opportunities to share positive experiences.</i>	<input type="checkbox"/> <b>DAY 15</b> Have a night off from using social media. 
<input type="checkbox"/> <b>DAY 21</b> Do something that makes you feel good, such as having a bath, watching a film or walking the dog.		<input type="checkbox"/> <b>DAY 17</b> Avoid any artificial food flavourings and sugar for 24 hours.	<input type="checkbox"/> <b>DAY 18</b> Spend at least thirty minutes outdoors in the fresh air and nature.	<input type="checkbox"/> <b>DAY 19</b> Try some gentle exercises, such as yoga or pilates.
		<input type="checkbox"/> <b>DAY 22</b> Write down five things that you want to achieve by the end of the week.	<input type="checkbox"/> <b>DAY 23</b> Watch a TED talk or short documentary on a topic that interests you.	<input type="checkbox"/> <b>DAY 24</b> Leave a positive note for a family member to find in your house.
				<input type="checkbox"/> <b>DAY 20</b> Get creative in the kitchen and cook or bake a meal or treat for either yourself or your family.
				<input type="checkbox"/> <b>DAY 25</b> Follow an online workout or yoga class.

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