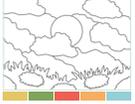


The 30-Day Positivity Challenge

Day 1 Write down 5 things you are thankful for. <input type="checkbox"/>	Day 2 Design a logo or banner which reflects you as an individual. <input type="checkbox"/>	Day 3 Write a happy note for a friend. <input type="checkbox"/>	Day 4 Design a message in a bottle by writing down something you would like to achieve or that you are looking forward to today. <input type="checkbox"/>	*Day 5 Help relax your mind with some mindful colouring. (It might include a bit of maths!)  <input type="checkbox"/>
Day 6 List 5 things, words or phrases that make you laugh. <input type="checkbox"/>	Day 7 If you could have any superpower, what would it be and why? <input type="checkbox"/>	Day 8 Write down 3 of your strengths. <input type="checkbox"/>	Day 9 Write about how you feel today. <input type="checkbox"/>	Day 10 Read a book or article. <input type="checkbox"/>
Day 11 Write down something you love about yourself. What makes you 'you'? <input type="checkbox"/>	*Day 12 Word Wheel Challenge  <input type="checkbox"/>	Day 13 Write down 5 places or countries you would like to visit. <input type="checkbox"/>	Day 14 List 3 things you can do when you feel overwhelmed. <input type="checkbox"/>	Day 15 Write down something you are excited or happy about. <input type="checkbox"/>
Day 16 Write down or draw 5 things which describe you. <input type="checkbox"/>	Day 17 Draw your favourite meal. <input type="checkbox"/>	Day 18 Make up a new word and write down what it means (nothing rude or offensive). <input type="checkbox"/>	Day 19 Write down at least 1 thing which makes you happy. <input type="checkbox"/>	Day 20 Set a mini-goal for the day. <input type="checkbox"/>
Day 21 Have a sort out – organise your planner, bag or pencil case, etc. <input type="checkbox"/>	Day 22 Build something using a single piece of A4 paper. <input type="checkbox"/>	Day 23 Write down a worry. <input type="checkbox"/>	Day 24 Draw a picture with your eyes closed. <input type="checkbox"/>	Day 25 Record 3 good things that have happened this week. <input type="checkbox"/>
Day 26 Send a smile: smile at 5 new people today. <input type="checkbox"/>	Day 27 Ask yourself, 'What do I need to do today?' Write down a to-do list if it helps. <input type="checkbox"/>	*Day 28 Make an origami bird.  <input type="checkbox"/>	Day 29 Write down 5 positive things about yourself. <input type="checkbox"/>	Day 30 Write down one thing you could change. This could be something like handing in homework on time, going to bed earlier or something at home. <input type="checkbox"/>

**Resource will need to be displayed and/or printed off.*

