

Connect		Be Active		Take Notice		Keep Learning		Give (Kindness) Self-care	
Call someone on the phone for a chat	Meet up with a friend	Go for a walk	Play on a trampoline or other garden toy	Hand scan	Stop and Take a Breath	Read a book	Learn a new song	Do a job in the house without being asked	Help with the shopping
Write a letter to a friend or family member	Video call a friend or family member	Go for a bike ride	Play in the woods	Finger Breathing	Sound Collection	Watch a wildlife programme	Learn a new game	Make a drink for others in your household	Have an early night
Say 'hello' to someone when you're out for a walk	Send someone a friendly text message	Play at a skate park	Go for a run	Foot scan	Make a pizza from scratch	Discover something new about the people you know*	Do a cross word with someone from your household	Keep well hydrated	Smile at people when you are out and about
Arrange a group video chat	Play a game with someone from your household	Do an online exercise class	Hula Hoop	Eat with attention	Doodle draw	Learn to play an instrument	Learn to cook a recipe that you like the sound of	Give somebody a compliment	Leave a kind note on someone's pillow
Watch a film with someone from your household	Play an online game with a friend	Learn a TikTok dance	Create an obstacle course for you and your household to try	5,4,3,2,1 sensory collection	Knuckle Count	Watch 'Operation Ouch'	Watch an historical documentary	Make a meal for your family	Do something that helps you to feel good
Go for a walk with a friend or family member	Take some shopping to a relative	Design an exercise routine and teach it to a friend	Do a 'Just Dance' routine with someone from your household	Smell Collection	Milkshake Breathing	Read a newspaper	Learn some jokes to tell your friends	Have a relaxing bath or shower	Thank the people who care for you