
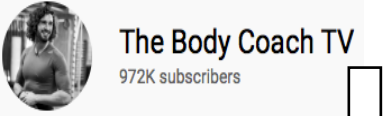
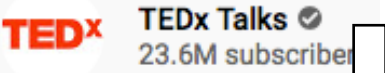


60 Daily Tasks



Here is the plan for the First 30 Days





<p><u>Day 1</u> – Leave three happy notes for someone else to find in your house. <input type="checkbox"/></p>	<p><u>Day 2</u> Make a card for someone's birthday/celebration coming up <input type="checkbox"/></p>	<p><u>Day 3</u> Call a relative or friend who is far away and have a chat with them. <input type="checkbox"/></p>	<p><u>Day 4</u> Write down five things you are grateful for. <input type="checkbox"/></p>	<p><u>Day 5</u> Research three jobs / career paths that interest you. <input type="checkbox"/></p>	<p><u>Day 6</u> Download a mindfulness App (CALM) on your phone. <input type="checkbox"/> </p>
<p><u>Day 7</u> Visit a virtual museum! Go online and explore the collections online. <input type="checkbox"/></p>	<p><u>Day 8</u> Get in contact with a local care home and arrange to send a letter to one of the residents <input type="checkbox"/></p>	<p><u>Day 9</u> Go on YouTube and try.. <input type="checkbox"/></p> 	<p><u>Day 10</u> Look at the last 20 photos on your phone and think about how they make you feel. <input type="checkbox"/></p>	<p><u>Day 11</u> Say something positive to everyone in your household today. <input type="checkbox"/></p>	<p><u>Day 12</u> Do something helpful for a friend or family member today. <input type="checkbox"/></p>
<p><u>Day 13</u> Do a chore in the house without being asked to do it. <input type="checkbox"/></p>	<p><u>Day 14</u> Send a positive text to ten of your friends. <input type="checkbox"/></p>	<p><u>Day 15</u> Listen to your favourite song and dance around the room. <input type="checkbox"/></p>	<p><u>Day 16</u> Stay off social media for >3 hours straight and keep yourself occupied <input type="checkbox"/></p>	<p><u>Day 17</u> Take a selfie and note down 5 things you like. <input type="checkbox"/></p>	<p><u>Day 18</u> Play a game that you haven't played in a while. <input type="checkbox"/></p>
<p><u>Day 19</u> Think about two role models in your life. Why do they inspire you? <input type="checkbox"/></p>	<p><u>Day 20</u> Create a postcard for somewhere you have previously visited <input type="checkbox"/></p>	<p><u>Day 21</u> Play a card game or board game you haven't played in a while <input type="checkbox"/></p>	<p><u>Day 22</u> Sit down in a silent room and focus on your breathing for 5 minutes <input type="checkbox"/></p>	<p><u>Day 23</u> Email one of your teachers to say thank you for something <input type="checkbox"/></p>	<p><u>Day 24</u> Write down 5 things you are thankful for in your life. <input type="checkbox"/></p>
<p><u>Day 25</u> Write a blog about something you enjoy doing. <input type="checkbox"/></p>	<p><u>Day 26</u> Search on YouTube a "Tedx talks by kids" <input type="checkbox"/></p> 	<p><u>Day 27</u> Watch a film with a family member and make sure you turn your phones off. <input type="checkbox"/></p>	<p><u>Day 28</u> Make sure you get >8 hours sleep tonight. Note how you feel the next day. <input type="checkbox"/></p>	<p><u>Day 29</u> Draw a picture of what you see in your garden or out of your window. <input type="checkbox"/></p>	<p><u>Day 30</u> Make breakfast for another family member <input type="checkbox"/></p>

60 Daily Tasks



Here is the plan for the Last 30 Days



<p>Day 31 – Find three inspirational quotes and write them down <input type="checkbox"/></p>	<p>Day 32 Create a digital photo collage using 5 images <input type="checkbox"/></p>	<p>Day 33 Write a letter or send a card (Email or E-Card) to an elderly relative <input type="checkbox"/></p>	<p>Day 34 Leave three happy notes for someone else to find in your house. <input type="checkbox"/></p>	<p>Day 35 Make a list of 10 things you want to do <input type="checkbox"/></p>	<p>Day 36 Go on YouTube and try...  <input type="checkbox"/></p>
<p>Day 37 Create a gratitude list of everything you are thankful for <input type="checkbox"/></p>	<p>Day 38 Do something nice for a sibling or parent/carer. <input type="checkbox"/></p>	<p>Day 39 Create your own Playing card with your favourite number and suit <input type="checkbox"/></p>	<p>Day 40 Find a learning podcast and try it out! <input type="checkbox"/></p>	<p>Day 41 Ensure you have 5 fruit and Veg today <input type="checkbox"/></p>	<p>Day 42 Do something helpful for a friend or family member today. <input type="checkbox"/></p>
<p>Day 43 Write down five positive things about yourself on Post-It-Notes <input type="checkbox"/></p>	<p>Day 44 Tag your friends in a pic that brings you happy memories <input type="checkbox"/></p>	<p>Day 45 Visit a virtual museum! Go online and explore the collections online <input type="checkbox"/></p>	<p>Day 46 Try to go bed 1 hour early. <input type="checkbox"/></p>	<p>Day 47 Wake up early to watch the sun rise and see how beautiful it is <input type="checkbox"/></p>	<p>Day 48 Find a documentary on BBC iPlayer and watch it <input type="checkbox"/></p>
<p>Day 49 Do the washing up today <input type="checkbox"/></p>	<p>Day 50 Look up origami and make a crane <input type="checkbox"/></p>	<p>Day 51 Play an old computer game you haven't played for ages <input type="checkbox"/></p>	<p>Day 52 Use 10 French or Spanish words today <input type="checkbox"/></p>	<p>Day 53 Research the minimum wage in the UK for different ages <input type="checkbox"/></p>	<p>Day 54 Design a new school logo for your school <input type="checkbox"/></p>
<p>Day 55 Learn some British Sign Language with Charlie  <input type="checkbox"/></p>	<p>Day 56 Make a playlist of your top 10 songs and send to a friend <input type="checkbox"/></p>	<p>Day 57 Check in with your favourite YouTuber and see how they are doing <input type="checkbox"/></p>	<p>Day 68 Build the tallest Tower you can with a single piece of A4 Paper <input type="checkbox"/></p>	<p>Day 59 How many different words can you make from these letters: "CREATIVE RESOURCES" <input type="checkbox"/></p>	<p>Day 60 Wear your favourite items of clothing that make you feel great <input type="checkbox"/></p>