



30 Days of Wellbeing

1 Try a new Activity	2 Spend some time outside enjoying the fresh air	3 Say hello to someone and give them a smile	4 Do something helpful for a friend or family member	5 Smile at 10 people today	6 Share a story or a game with somebody	7 Take 5 minutes to enjoy nature's beauty	8 Tell a friend what makes them special	9 Make a card or decoration for someone special	10 Sit and talk to someone about their day
11 Offer hugs to your loved ones and friends	12 Pick up litter or leaves in the playground	13 Hold a door open for a peer or adult	14 Allow someone to go in front of you at lunchtime	15 Say thank you to someone and mean it	16 Give a compliment to someone	17 Go outside and feed the birds	18 Take a walk around school and visit another class	19 Listen to and appreciate a new style of music	20 Help a friend to put their coat on
21 Play with someone new at playtime	22 Give yourself a compliment today	23 Help the adults in your class at snack time today	24 Pour the drinks at your lunch table	25 Leave a happy note for someone to find	26 Visit another class and help them at lunchtime	27 Take 5 minutes to relax and clear your mind	28 Share your activity with a friend at choosing time	29 Spend some time outside and tell a friend what you can see	30 Share your favourite moment from this week

"Be kind whenever possible. It is always possible" ~ Dalai Lama