

Go or look outside and notice 5 things that are beautiful	Listen to a piece of music without doing anything else	
Stop and just watch the sky or clouds for 10 mins today	Think about and pray for all those who are facing an uncertain or challenging future.	
Research a place you would like to visit	Make a list of up to 10 amazing things you take for granted	
Bring to mind all the people you love and care about	Donate to a charity (one you know or find out about a new one)	
Take your time. Make space to just breathe and be still	Leave positive messages where you will see them regularly	
Be willing to share with others how you feel and ask for help when needed	Look at photos from a time with happy memories	
Notice the things you do well today, however small	Today remind yourself that you are loved and worthy of love	
Find a caring phrase to say to yourself when feeling low (Remember that it's ok to be not ok)	Get active, go outside if you are able, and give your mind & body a natural boost	
Focus on the basics: eat well, exercise and go to bed on time	List 3 things you appreciate about yourself	
Think differently! Find a new way to use one of your strengths or talents today	List 3 good/positive things to look forward to this year	
Write a list of 10 things you feel grateful for in life and why	Say something encouraging to the people you meet or talk with today	
Thank somebody you are grateful to and tell them why	Think of climate change and make a list of what you can do to make a difference	
Get back in contact with a friend you haven't heard from in a while	Write down your hopes and dreams for the future	
If you go out today smile at people and brighten their day.	Say hello to a neighbour and get to know them better.	
Ask a friend how they have been feeling and listen to what they say	Light a candle in memory of old friends	
Share a message you find helpful or inspiring	Tell your loved ones why they are special to you	
Look for the good in people, even when they frustrate you	Appreciate the good qualities of someone in your life	
Respond kindly to everybody you talk to today, including yourself – Try not to say anything negative.	Take some time to do some Bird watching – can you name all the birds you see?	
Do some gardening or plant some seeds	Go outside or look out of window during the evening and marvel at the stars	
Do something creative – for example do some crafting or fixing something.	You choose! Make one up or repeat one you have enjoyed doing.	

Extra choices 1		
Call a friend or family member you have not spoken with for a while	Organise a virtual 'tea break' with friends or colleagues	
Let a family member have control of the TV remote	Switch off all your tech 2 hrs before bedtime	
Family time! Play a board game together.	Have a device free day.	
All about Mum! Make a Mother's Day Card	Send 2 friends a 'Thinking of you' message	
Send Thank you messages to good friends, supporters, teachers or mentors.	Paint rocks/stones and place them in your garden or hide them in the local area.	

Extra choices 2		
Start Lent in prayer – ask God to help you each day.	Pray for all who are persecuted.	
Pray for the unemployed and for all who feel desperate.	Think about those who are in hospital. – pray that they will be strengthened.	
Pray the Lord's Prayer. How can you make your bit of earth more like heaven?	Have courage in your faith in God – share it with others!	
Fast today as you think about the cross – just have a simple meal and water.	Jesus prayed with and for his disciples. Pray for your friends today.	
Jesus prayed in the Garden of Gethsemane. Spend some quiet time today.	Reflect/Remember your favourite Bible story	