



Sacred Heart Daily Wellbeing Tasks

Looking after your mental health.



<p><u>Day 1</u> Leave three happy notes for someone to find in your house</p>	<p><u>Day 2</u> Make a card for someone's birthday/celebration coming up</p>	<p><u>Day 3</u> Call a relative or friend who is far away and have a chat with them.</p>	<p><u>Day 4</u> Write down five things you are grateful for.</p>	<p><u>Day 5</u> Research three jobs / career paths that interest you.</p>	<p><u>Day 6</u> Visit a virtual museum! Go online and explore the collections online.</p>
<p><u>Day 7</u> Say something positive to everyone in your household today.</p>	<p><u>Day 8</u> Do something helpful for a friend or family member today.</p>	<p><u>Day 9</u> Do a chore in the house without being asked to do it.</p>	<p><u>Day 10</u> Listen to your favourite song and dance around the room.</p>	<p><u>Day 11</u> Take a selfie and note down 5 things you like.</p>	<p><u>Day 12</u> Play a game that you haven't played in a while.</p>
<p><u>Day 13</u> Think about two role models in your life. Why do they inspire you?</p>	<p><u>Day 14</u> Create a postcard for somewhere you have previously visited</p>	<p><u>Day 15</u> Play a card game or board game you haven't played in a while</p>	<p><u>Day 16</u> Write down 5 things you are thankful for in your life.</p>	<p><u>Day 17</u> Watch a film with a family member and make sure you turn your phones off.</p>	<p><u>Day 18</u> Make sure you get >8 hours sleep tonight. Note how you feel the next day.</p>
<p><u>Day 19</u> Draw a picture of what you see out of your window.</p>	<p><u>Day 20</u> Find three inspirational quotes and write them down</p>	<p><u>Day 21</u> Make a list of 10 things you want to do</p>	<p><u>Day 22</u> Design a new school logo for your school</p>	<p><u>Day 23</u> Write down five positive things about yourself on Post-It-Notes</p>	<p><u>Day 24</u> Ensure you have 5 fruit and Veg today</p>

