


## 28 DAYS OF POSITIVITY

Let's challenge ourselves to do something positive every day for the month of February. How many can you complete?!

<p><b>1</b></p> <p>Create a positivity jar and write down anything positive you do this month</p>	<p><b>2</b></p> <p>Go for a walk at lunchtime</p>	<p><b>3</b></p> <p>Wear some colourful clothes!</p> 	<p><b>4</b></p> <p>Do a PE with Joe Twiss session</p>
<p><b>5</b></p> <p>Put your favourite song on and dance</p> 	<p><b>6</b></p> <p>Phone a friend!</p> 	<p><b>7</b></p> <p>Create a cosy space to read</p> 	<p><b>8</b></p> <p>Help cook a meal</p> 
<p><b>9</b></p> <p>Do an act of kindness</p> 	<p><b>10</b></p> <p>Help to do a job your parents need doing</p>	<p><b>11</b></p> <p>Write a list of all the new skills you've learnt in lockdown</p>	<p><b>12</b></p> <p>Give someone in your household a big hug</p> 
<p><b>13</b></p> <p>Get out into the garden and notice the signs of spring</p> 	<p><b>14</b></p> <p>Write a positive affirmation, e.g. I am kind, I am loving.</p>	<p><b>15</b></p> <p>What did you do today that made you think hard? Celebrate that.</p> 	<p><b>16</b></p> <p>Give a helping hand to someone in your house</p>
<p><b>17</b></p> <p>Get creative!</p> 	<p><b>18</b></p> <p>Share a funny joke!</p>	<p><b>19</b></p> <p>Draw a picture of something you'd like to do when the weather is warmer</p>	<p><b>20</b></p> <p>Play a board game with the family</p>
<p><b>21</b></p> <p>Watch a funny film</p> 	<p><b>22</b></p> <p>Collect some pebbles and decorate them</p>	<p><b>23</b></p> <p>FaceTime family or friends</p> 	<p><b>24</b></p> <p>Ask your parents to play their favourite songs from their childhood</p>
<p><b>25</b></p> <p>Write a letter or postcard to a friend</p>	<p><b>26</b></p> <p>Make some homemade play-doh and get creative</p>	<p><b>27</b></p> <p>Bake a cake or something nice to eat</p> 	<p><b>28</b></p> <p>Set a goal you'd like to achieve next month</p>