



## The 21-day Happiness Challenge

The aim is to get you trying out simple actions to improve your happiness.

With lockdown, we have a bit of time on our hands and a lot of us aren't able to do the things we know make us happy (sports, seeing our friends and family etc), so why not try out some of the activities below and see if you can find new things to make you happy!

Not all the things on the list will make you super happy, but you will find ones that do. Once the challenge is over you can do the activities that made you happy time and time again! If you are having a bad day or feeling down in the future, use the activities you liked, and they will make you feel better about your day.

Pick a day to get started and get going. You can do these in any order but try and see if you can do every single one!

# 21-day Happiness Challenge

Listen to your favourite music

Read a book

Take a nice relaxing bath or shower

Have a PJ day

Call a friend and chat!

Bake a cake

Sing – LOUDLY!

Go for a walk

Compliment yourself

Try a new food

Do some exercise

Watch your favourite film

Build a den or a fort

Dance like no one is watching!

Write down five things you are good at

Have a water fight (outside!)

Do something creative

Learn something new

Compliment someone

Draw or colour a picture

Write down 5 things you are grateful for