

Activity 1 - Poster

Make a poster to thank your postman/postwoman and any delivery drivers that bring food and other items to your house, then display it outside your front door, where they'll see it. Think about how this might make them feel.



Activity 2 - Tree of strength

Draw a strengths 'family tree' - either for your family, or for your group of friends, your class or your school. Draw a tree and on the leaves write all of the strengths of the group. Think about how these character strengths you all have can help you overcome challenges together.



Activity 3

Lots of people feel happy when they listen to music. Make a playlist of your favourite feel-good music. You could, spend some time dancing to or listening to music from your playlist. If you are able to, get together with other people (e.g. at home, or friends via social media) and dance together to each other's playlists.



Activity 4

What are you thankful for? Choose a time of day where you have time to think. When you wake up, after your tea or just before you got to bed may be a good time. Write down something that you are thankful for that day. Do this for at least a week and then look back at your list. How does this make you feel?

