

30 DAILY TASKS



30 actions to do to keep yourself occupied for the next 30 days.

<p>Day 1 Leave a Happy note for someone else to find in your house.</p>	<p>Day 2 Make a card for someone's birthday/celebration coming up</p>	<p>Day 3 Call a relative or friend who is far away and have a chat with them.</p>	<p>Day 4 Go out into your garden or local park and focus on nature's beauty.</p>	<p>Day 5 Make a cup of tea for someone and sit for 5 minutes and have a chat.</p>	<p>Day 6 Visit the MindMate website and explore the resources.</p>
<p>Day 7 Visit a virtual museum! Go online and explore the collections online.</p>	<p>Day 8 Get in contact with a local care home and arrange to send a letter to one of the residents.</p>	<p>Day 9 Turn your devices off and enjoy spending some time with a sibling or parent/carer.</p>	<p>Day 10 Use your phone or camera to take 5 pictures of objects in your garden or home.</p>	<p>Day 11 Say something positive to everyone in your household today.</p>	<p>Day 12 Do something helpful for a friend or family member today.</p>
<p>Day 13 Do a chore in the house without being asked to do it.</p>	<p>Day 14 Send a positive text to all your friends.</p>	<p>Day 15 Listen to your favourite song and dance around the room.</p>	<p>Day 16 Stay off social media today and keep yourself occupied.</p>	<p>Day 17 Take a selfie and note down 5 things you like.</p>	<p>Day 18 Play a game that you haven't played in a while.</p>
<p>Day 19 Hoover the stairs or a room in your house.</p>	<p>Day 20 Go to your local park and play on the swings.</p>	<p>Day 21 Bake/make something and sit and enjoy it in the garden.</p>	<p>Day 22 Sit down in a silent room and focus on your breathing for 5 minutes.</p>	<p>Day 23 Call a relative and have a chat with them.</p>	<p>Day 24 Find a workout video online and do it.</p>
<p>Day 25 Write a blog about something you enjoy doing.</p>	<p>Day 26 Use the internet to research easy to do crafts and try one at home.</p>	<p>Day 27 Watch a film with a family member and make sure you turn your phones off.</p>	<p>Day 28 Make sure you get 8 hours sleep tonight. Note how you feel the next day.</p>	<p>Day 29 Draw a picture of what you see in your garden or out of your window.</p>	<p>Day 30 Write down 5 things you are thankful for in your life.</p>