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daily tasks to improve well-being

Try one activity a day, at home or in school, to improve your physical and mental health

<input checked="" type="checkbox"/> DAY 1 Write down three things that you are grateful for. GRATITUDE: <i>People who write about gratitude tend to feel more optimistic, experience better sleep and less stress and generally feel happier about their lives.</i>	<input type="checkbox"/> DAY 2 Ask a friend or family member how their day was. Listen carefully to their answer.	<input type="checkbox"/> DAY 3 Drink six glasses of water throughout the day. 	<input type="checkbox"/> DAY 4 Spend fifteen minutes drawing and sketching ideas that pop into your head.	<input type="checkbox"/> DAY 5 Eat three pieces of fruit and veg in one meal. 
<input type="checkbox"/> DAY 11 Research 'healthy snack recipes' and try to cook them in batch to have throughout the week.	<input type="checkbox"/> DAY 6 Do a chore in the house without being asked e.g. cleaning your room or washing the dishes.	<input type="checkbox"/> DAY 7 Go for a walk or run before eating a meal. EXERCISE: <i>Being active is not only great for your physical health, but it can also cause chemical changes in your brain, which helps to improve mood and reduce stress.</i>	<input type="checkbox"/> DAY 8 Make an active decision to smile more today. 	<input type="checkbox"/> DAY 9 Spend twenty minutes reading or listening to an audiobook.
<input type="checkbox"/> DAY 16 Aim to walk 10 000 steps today. 	<input type="checkbox"/> DAY 12 Give yourself a tech free evening and turn off all your devices at least three hours before bed.	<input type="checkbox"/> DAY 13 Write down three positive things about yourself. 	<input type="checkbox"/> DAY 14 Do something nice or helpful for someone that means a lot to you. RELATIONSHIPS: <i>Maintaining good and healthy relationships can help build a sense of belonging and self worth and improve our mental and emotional wellbeing.</i>	<input type="checkbox"/> DAY 10 Follow this routine (x3): 25 star jumps 10 lunges (each leg) 5 sit-ups
<input type="checkbox"/> DAY 21 Do something that makes you feel good, such as having a bath, watching a film or walking the dog.		<input type="checkbox"/> DAY 15 Have a night off from using social media. 	<input type="checkbox"/> DAY 19 Try some gentle exercises, such as yoga or pilates.	<input type="checkbox"/> DAY 20 Get creative in the kitchen and cook or bake a meal or treat for either yourself or your family.
		<input type="checkbox"/> DAY 22 Write down five things that you want to achieve by the end of the week.	<input type="checkbox"/> DAY 23 Watch a TED talk or short documentary on a topic that interests you.	<input type="checkbox"/> DAY 24 Leave a positive note for a family member to find in your house.
		<input type="checkbox"/> DAY 25 Follow an online workout or yoga class.		

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<input type="checkbox"/> DAY 26 Spend fifteen minutes with your eyes closed focusing on your breathing or follow an online guided meditation session.	<input type="checkbox"/> DAY 27 Spend half an hour doing something you love, such as playing an instrument, painting or cooking.	<input type="checkbox"/> DAY 28 Write down your 'perfect morning routine' and follow it for one week, starting tomorrow.	<input type="checkbox"/> DAY 29 Make yourself a hot drink and enjoy it undistracted. 	<input type="checkbox"/> DAY 30 Spend twenty minutes sitting outside sketching what you see (weather permitting!)	
<input type="checkbox"/> RELAXATION: <i>Relaxing helps us to have a clearer and calmer mind, which aids positive thinking and relieves tensions.</i>	<input type="checkbox"/> DAY 31 Try to give five things to charity that you no longer use or need.	<input type="checkbox"/> DAY 32 Get at least eight hours of good sleep. SLEEP: <i>Getting the right amount of sleep each night provides your body with the time to rest, repair and rebuild leading to a stronger immune system, reduced stress and improved emotional wellbeing.</i>	<input type="checkbox"/> DAY 33 Download a relaxation app to your phone and try using it. 	<input type="checkbox"/> DAY 34 Aim to walk 15 000 steps today. 	<input type="checkbox"/> DAY 35 Ring a friend or family member and ask them how their day or week has been.
<input type="checkbox"/> DAY 36 Start this week by saying out loud five positive things about yourself.	<input type="checkbox"/> DAY 37 Spend some time doing something with a family member, such as playing a game.	<input type="checkbox"/> DAY 38 Plan something fun to do this weekend with friends or family.	<input type="checkbox"/> DAY 39 Eat five pieces of fruit and veg throughout the day. DIET: <i>When we eat well we sleep better, have more energy to do the things we enjoy and feel good about ourselves, which helps create a healthier and happier life.</i>	<input type="checkbox"/> DAY 40 Tell a teacher what you enjoy about their lessons. 	<input type="checkbox"/> DAY 41 Listen to your favourite song and close your eyes, sing or dance!
<input type="checkbox"/> DAY 42 Aim to walk 20 000 steps today. 	<input type="checkbox"/> DAY 43 Try making a to-do list for the following day before you go to bed tonight.	<input type="checkbox"/> DAY 44 Think of a new hobby to try at half-term. 	<input type="checkbox"/> DAY 45 Send a positive and happy text or email to a friend or family member.	<input type="checkbox"/> DAY 46 Do something that makes you laugh, such as watch stand up comedy or a funny film. 	<input type="checkbox"/> DAY 47 Spend some time organising your school folders or computer files.
<input type="checkbox"/> DAY 48 Go through the photos on your phone or computer and create an album called 'happy memories'.	<input type="checkbox"/> DAY 49 Rearrange your furniture or hang up a new picture to improve your bedroom environment.	<input checked="" type="checkbox"/> DAY 50 Congratulations! Now make a note of all the daily tasks you enjoyed. Which ones will you continue?			