
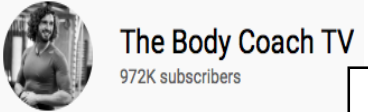
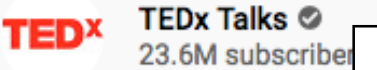


# 60 Daily Tasks



Here is the plan for the First 30 Days





<p><b><u>Day 1</u></b> – Leave three happy notes for someone else to find in your house. <input type="checkbox"/></p>	<p><b><u>Day 2</u></b> Make a card for someone's birthday/celebration coming up <input type="checkbox"/></p>	<p><b><u>Day 3</u></b> Call a relative or friend who is far away and have a chat with them. <input type="checkbox"/></p>	<p><b><u>Day 4</u></b> Write down five things you are grateful for. <input type="checkbox"/></p>	<p><b><u>Day 5</u></b> Research three jobs / career paths that interest you. <input type="checkbox"/></p>	<p><b><u>Day 6</u></b> Download a mindfulness App (CALM) on your phone. <input type="checkbox"/> </p>
<p><b><u>Day 7</u></b> Visit a virtual museum! Go online and explore the collections online. <input type="checkbox"/></p>	<p><b><u>Day 8</u></b> Get in contact with a local care home and arrange to send a letter to one of the residents. <input type="checkbox"/></p>	<p><b><u>Day 9</u></b> Go on YouTube and try.. <input type="checkbox"/></p> 	<p><b><u>Day 10</u></b> Look at the last 20 photos on your phone and think about how they make you feel. <input type="checkbox"/></p>	<p><b><u>Day 11</u></b> Say something positive to everyone in your household today. <input type="checkbox"/></p>	<p><b><u>Day 12</u></b> Do something helpful for a friend or family member today. <input type="checkbox"/></p>
<p><b><u>Day 13</u></b> Do a chore in the house without being asked to do it. <input type="checkbox"/></p>	<p><b><u>Day 14</u></b> Send a positive text to ten of your friends. <input type="checkbox"/></p>	<p><b><u>Day 15</u></b> Listen to your favourite song and dance around the room. <input type="checkbox"/></p>	<p><b><u>Day 16</u></b> Stay off social media for &gt;3 hours straight and keep yourself occupied. <input type="checkbox"/></p>	<p><b><u>Day 17</u></b> Take a selfie and note down 5 things you like. <input type="checkbox"/></p>	<p><b><u>Day 18</u></b> Play a game that you haven't played in a while. <input type="checkbox"/></p>
<p><b><u>Day 19</u></b> Think about two role models in your life. Why do they inspire you? <input type="checkbox"/></p>	<p><b><u>Day 20</u></b> Create a postcard for somewhere you have previously visited <input type="checkbox"/></p>	<p><b><u>Day 21</u></b> Play a card game or board game you haven't played in a while <input type="checkbox"/></p>	<p><b><u>Day 22</u></b> Sit down in a silent room and focus on your breathing for 5 minutes. <input type="checkbox"/></p>	<p><b><u>Day 23</u></b> Email one of your teachers to say thank you for something <input type="checkbox"/></p>	<p><b><u>Day 24</u></b> Write down 5 things you are thankful for in your life. <input type="checkbox"/></p>
<p><b><u>Day 25</u></b> Write a blog about something you enjoy doing. <input type="checkbox"/></p>	<p><b><u>Day 26</u></b> Search on YouTube a "Tedx talks by kids" <input type="checkbox"/></p> 	<p><b><u>Day 27</u></b> Watch a film with a family member and make sure you turn your phones off. <input type="checkbox"/></p>	<p><b><u>Day 28</u></b> Make sure you get &gt;8 hours sleep tonight. Note how you feel the next day. <input type="checkbox"/></p>	<p><b><u>Day 29</u></b> Draw a picture of what you see in your garden or out of your window. <input type="checkbox"/></p>	<p><b><u>Day 30</u></b> Make breakfast for another family member <input type="checkbox"/></p>

# 60 Daily Tasks



Here is the plan for the Last 30 Days



<p><b>Day 31 –</b> Find three inspirational quotes and write them down <input type="checkbox"/></p>	<p><b>Day 32</b> Create a digital photo collage using 5 images <input type="checkbox"/></p>	<p><b>Day 33</b> Write a letter or send a card (Email or E-Card) to an elderly relative <input type="checkbox"/></p>	<p><b>Day 34</b> Leave three happy notes for someone else to find in your house. <input type="checkbox"/></p>	<p><b>Day 35</b> Make a list of 10 things you want to do <input type="checkbox"/></p>	<p><b>Day 36</b> Go on YouTube and try...  <input type="checkbox"/></p>
<p><b>Day 37</b> Create a gratitude list of everything you are thankful for <input type="checkbox"/></p>	<p><b>Day 38</b> Do something nice for a sibling or parent/carer. <input type="checkbox"/></p>	<p><b>Day 39</b> Create your own Playing card with your favourite number and suit <input type="checkbox"/></p>	<p><b>Day 40</b> Find a learning podcast and try it out! <input type="checkbox"/></p>	<p><b>Day 41</b> Ensure you have 5 fruit and Veg today <input type="checkbox"/></p>	<p><b>Day 42</b> Do something helpful for a friend or family member today. <input type="checkbox"/></p>
<p><b>Day 43</b> Write down five positive things about yourself on Post-It-Notes <input type="checkbox"/></p>	<p><b>Day 44</b> Tag your friends in a pic that brings you happy memories <input type="checkbox"/></p>	<p><b>Day 45</b> Visit a virtual museum! Go online and explore the collections online <input type="checkbox"/></p>	<p><b>Day 46</b> Try to go bed 1 hour early. <input type="checkbox"/></p>	<p><b>Day 47</b> Wake up early to watch the sun rise and see how beautiful it is <input type="checkbox"/></p>	<p><b>Day 48</b> Find a documentary on BBC iPlayer and watch it <input type="checkbox"/></p>
<p><b>Day 49</b> Do the washing up today <input type="checkbox"/></p>	<p><b>Day 50</b> Look up origami and make a crane <input type="checkbox"/></p>	<p><b>Day 51</b> Play an old computer game you haven't played for ages <input type="checkbox"/></p>	<p><b>Day 52</b> Use 10 French or Spanish words today <input type="checkbox"/></p>	<p><b>Day 53</b> Research the minimum wage in the UK for different ages <input type="checkbox"/></p>	<p><b>Day 54</b> Design a new school logo for your school <input type="checkbox"/></p>
<p><b>Day 55</b> Learn some British Sign Language with Charlie  <input type="checkbox"/></p>	<p><b>Day 56</b> Make a playlist of your top 10 songs and send to a friend <input type="checkbox"/></p>	<p><b>Day 57</b> Check in with your favourite YouTuber and see how they are doing <input type="checkbox"/></p>	<p><b>Day 68</b> Build the tallest Tower you can with a single piece of A4 Paper <input type="checkbox"/></p>	<p><b>Day 59</b> How many different words can you make from these letters: "CREATIVE RESOURCES" <input type="checkbox"/></p>	<p><b>Day 60</b> Wear your favourite items of clothing that make you feel great <input type="checkbox"/></p>