

Pop some
bubble wrap

Do some
colouring in

Bake

Paint - Big
Messy Paint

Ask for
a hug

Dance to
some music

Draw a
picture of
something
that makes
you happy

Play a
musical
instrument

Write a list
of things
you are
grateful for

Paint your
nails

Go for a
walk

Play a board
game with
your family

Watch your
favourite
Christmas
film

Wear your
favourite
clothes

Make a list
of your
favourite
activities

Acknowledge
something
you did
brilliantly
today

Hug your
favourite
toy

Blow
bubbles

Hang upside
down

Do some
yoga

Read

Write a love
letter to
yourself

Play your
favourite
song on
repeat

Write down
all the things
you would
like to do