

Live Life Better

Do these in any order. You might like to keep a record of what you have done & take it in to school.

Create a bucket list of things you would like to do in your lifetime.	Donate some food to a foodbank	Say 3 encouraging things to 3 different people.	Go for a run – maybe join the Park Run in your local park.	Find an inspiring quotation- write it down and learn it.
Do something your future self will thank you for.	Put some music on & dance for 5 minutes	Take out the rubbish from your kitchen bin.	Build a tower out of marshmallows and spaghetti.	Sort out some things in good condition to give to a charity shop.
Play a board game.	Learn some First Aid	<i>Take an interesting photograph</i>	Bake some biscuits and give them to someone else.	Write down 3 things you are thankful for.
Sit quietly alone somewhere for 10 minutes.	Do something you have never done before.	Do 3 kind things today.	Write down your hopes and dreams for next year. Make the piece of paper into an aeroplane. Fly it.	Go for a walk with a member of your family.
Learn to say hello in 5 different languages.	Write a letter/text someone to tell them how much you appreciate them.	Don't drop any litter & pick some up!	Consider whether there is anyone you need to forgive.	Have a digital and screen free day.