

The 30-Day Positivity Challenge

Day 1 Write down 5 things you are thankful for.	Day 2 Design a logo or banner which reflects you as an individual.	Day 3 Write a happy note to a friend.
Day 6 List 5 things, words or phrases that make you laugh.	Day 7 If you could have any superpower, what would it be and why?	Day 8 Write down 3 of your strengths.
Day 11 Write down something you love about yourself. What makes you 'you'?	*Day 12 Word Wheel Challenge 	Day 13 Write down 5 places/countries you would like to visit.
Day 16 Write down or draw 5 things which describe you.	Day 17 Draw your favourite meal.	Day 18 Make up a new word and write down what it means. It can be rude or offensive.
Day 21 Have a sort out – organise your planner, bag or pencil case, etc.	Day 22 Build something using a single piece of A4 paper.	Day 23 Write down a word that inspires you.
Day 26 Send a smile: smile at 5 new people today.	Day 27 Ask yourself, 'What do I need to do today?' Write down a to-do list if it helps.	*Day 28 Make an origami bird. 

**Resource will need to be displayed and/or printed off.*



