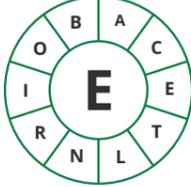
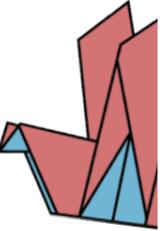


# The 30-Day Positivity Challenge

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

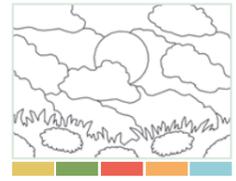
*\*Resource will need to be displayed and/or printed off.*



note for a

**Day 4**  
Design a message in a bottle by writing down something you would like to achieve or that you are looking forward to today.

**\*Day 5**  
Help relax your mind with some mindful colouring. (It might include a bit of maths!)



of your

**Day 9**  
Write about how you feel today.

**Day 10**  
Read a book or article.

places or would like

**Day 14**  
List 3 three things you can do when you feel overwhelmed.

**Day 15**  
Write down something you are excited or happy about.

w word and write means (nothing sive).

**Day 19**  
Write down at least 1 thing which makes you happy.

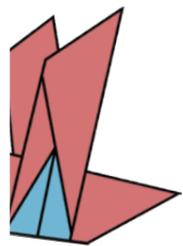
**Day 20**  
Set a mini-goal for the day.

worry.

**Day 24**  
Draw a picture with your eyes closed.

**Day 25**  
Record 3 good things that have happened this week.

ami bird.



**Day 29**  
Write down 5 positive things about yourself.

**Day 30**  
Write down one thing you could change. This could be something like handing in homework on time, going to bed earlier or something at home.

