

30-DAY POSITIVITY CHALLENGE FOR KIDS

Stay strong and positive during lock-down by choosing 1 activity to do each day! You can start anywhere and do them in any order you like! Cross off each one as you do it. Then download your **30-Day Positivity Challenge Award Certificate** from: www.otb.ie/home-support

<p>Create a poster with an A-Z list of things you are grateful for.</p> <p>1</p> 	<p>Make a thank-you card and send or give it to someone you'd like to thank.</p> <p>2</p>	<p>Create a Random Acts of Kindness Bingo card with 9 items and do all of them today!</p> <p>3</p>	<p>Create a Positivity Playlist of your 10 favourite feel-good songs.</p> <p>4</p>	 <p>Eat the Rainbow! Eat healthy foods of each colour of the rainbow today.</p> <p>5</p>
<p>Relax by doing a mindfulness body scan meditation.</p> <p>www.otb.ie/wwwb-body-scan</p> <p>6</p>	<p>Write down 3 Good Things that happened today.</p>  <p>7</p>	<p>Create a joke book with a collection of favourite jokes from your friends and family.</p> <p>8</p>	 <p>Draw a picture of your favourite place.</p> <p>9</p>	<p>Draw a self-portrait called 'My Best Self' and write all of your best qualities around it.</p> <p>10</p>
<p>11 Make a list of your top ten favourite funny clips from YouTube!</p> 	<p>Write a list of 10 people who inspire you.</p> <p>12</p>	<p>Create a mini-project on your favourite author, inventor, artist, scientist or sports person.</p> <p>13</p>	<p>Give at least 5 compliments to people today.</p> <p>14</p>	 <p>Do at least 3 chores at home without being asked.</p> <p>15</p>
<p>Write a happiness list of 10 things that make you feel happy.</p> <p>16</p>	<p>Make a poster of your favourite positive quote or saying.</p> <p>17</p>	<p>Create or print off a mindfulness colouring mandala and colour it to some calming music.</p> <p>18</p>	 <p>Draw a picture of a time when you were really proud of yourself.</p> <p>19</p>	<p>Write an acrostic poem on Kindness.</p> <p>20</p>
 <p>Draw your Super-Hero Self and give yourself 3 super-powers!</p> <p>21</p>	 <p>Do at least 30 minutes of physical activity of your choice.</p> <p>22</p>	<p>Write down 5 helpful things you can say to yourself when you are faced with a problem.</p> <p>23</p>	<p>Draw a picture of a scene from one of your favourite movies.</p> <p>24</p>	<p>Create some new recipes for healthy snacks or smoothies, then make one and eat it!</p> <p>25</p>
<p>Create a collage called 'All About Me'</p> <p>26</p>	 <p>Create a word-art of words to do with 'Well-Being'.</p> <p>27</p>	 <p>Offer to help others at least 3 times today.</p> <p>28</p>	<p>Write down at least 3 helpful ways to deal with your worries.</p> <p>29</p>	 <p>Draw your top 5 most beautiful things from nature.</p> <p>30</p>