

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/wwwb-positivity-challenge-for-kids

<p>Create a poster with an A-Z list of things you are grateful for. 1</p> 	<p>Make a thank-you card and send or give it to someone you'd like to thank. 2</p>	<p>Create a Random Acts of Kindness Bingo card with 9 items and do all of them today! 3</p>	<p>Create a Positivity Playlist of your 10 favourite feel-good songs. 4</p>	 <p>Eat the Rainbow! Eat healthy foods of each colour of the rainbow today. 5</p>
<p>Relax by doing a mindfulness body scan meditation. https://soundcloud.com/user-10491760/lesson-2-body-scan-on-the-floor 6</p>	<p>Write down 3 Good Things that happened today. 7</p> 	<p>Create a joke book with a collection of favourite jokes from your friends and family. 8</p>	 <p>Draw a picture of your favourite place. 9</p>	<p>Draw a self-portrait called 'My Best Self' and write all of your best qualities around it. 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. 12</p>	<p>Create a mini-project on your favourite author, inventor, artist, scientist or sportsperson. 13</p>	<p>Give at least 5 compliments to people today. 14</p>	 <p>Do at least 3 chores at home without being asked. 15</p>
<p>Write a happiness list of 10 things that make you feel happy. 16</p> 	<p>Make a poster of your favourite positive quote or saying. 17</p>	<p>Create or print off a mindfulness colouring mandala and colour it to some calming music. 18</p>	 <p>Draw a picture of a time when you were really proud of yourself. 19</p>	<p>Write an acrostic poem on Kindness. 20</p>
<p>Draw your Super-Hero Self and give yourself 3 super-powers! 21</p>	<p>Do at least 30 minutes of physical activity of your choice. 22</p> 	<p>Write down 5 helpful things you can say to yourself when you are faced with a problem. 23</p>	<p>Draw a picture of a scene from one of your favourite movies. 24</p>	<p>Create some new recipes for healthy snacks or smoothies, then make one and eat it! 25</p>
<p>Create a collage called 'All About Me' 26</p>	<p>Create a word-art of words to do with 'Well-Being'. 27</p>	 <p>Offer to help others at least 3 times today. 28</p>	<p>Write down at least 3 helpful ways to deal with your worries. 29</p>	 <p>Draw your top 5 most beautiful things from nature. 30</p>