



**Name:**

Activity	✓	Date
1. Write about the best day you've ever had.		
2. Offer to help with a job at home you haven't done before.		
3. Phone a friend or relative.		
4. Go on a virtual tour of a new place.		
5. Make a card for someone you love.		
6. Go for a walk and write down all the sounds you can hear.		
7. Find ten countries you know in an atlas.		
8. Tidy your bedroom.		
9. Make a list of things you've done that make you proud.		
10. Draw or paint your favourite animal.		

**Signed:**

(parent / carer)