

# 30 Day Daily Activity Tasks - Complete as many as you can

Here is the plan for the First 30 Days. Try and complete what you can you may need to adapt an activity or two. Please remember to follow advice on how to stay safe

<p><b>Day 1</b> Leave 3 happy notes for someone else to find in your house. <input type="checkbox"/></p> <p><a href="https://www.pinterest.co.uk/chicanaaa80/positive-post-it-notes/">https://www.pinterest.co.uk/chicanaaa80/positive-post-it-notes/</a></p>	<p><b>Day 2</b> Make sure you get 8 hours sleep tonight. Note how you feel the next day. <input type="checkbox"/></p> <p><a href="https://www.nhs.uk/live-well/sleep-and-tiredness/why-lack-of-sleep-is-bad-for-your-health/">https://www.nhs.uk/live-well/sleep-and-tiredness/why-lack-of-sleep-is-bad-for-your-health/</a></p>	<p><b>Day 3</b> Sit down in a silent room and focus on your breathing for 5 minutes. <input type="checkbox"/></p> <p><a href="https://www.goodhousekeeping.com/uk/health/health-advice/a31348282/how-to-breathe-better/">https://www.goodhousekeeping.com/uk/health/health-advice/a31348282/how-to-breathe-better/</a></p>	<p><b>Day 4</b> Contact with a local care home and arrange to send a letter to one of the residents. <input type="checkbox"/></p> <p><a href="https://www.miltonkeynes.co.uk/health/corona-virus/childrens-cheerful-little-letter-project-brightening-life-elderly-people-milton-keynes-care-homes-2519578">https://www.miltonkeynes.co.uk/health/corona-virus/childrens-cheerful-little-letter-project-brightening-life-elderly-people-milton-keynes-care-homes-2519578</a></p>	<p><b>Day 5</b> Make a list of your all time favourite films, books or songs and explain why. <input type="checkbox"/></p> <p><a href="https://www.google.com/search?q=top+100+movies+of+all+time+imdb&amp;rlz=1C1GC EA_enGB893GB893&amp;oq=top+100+movies+of+&amp;aqs=chrome.5.0j69i57j0l6.9351j0j8&amp;sourceid=chrome&amp;ie=UTF-8">https://www.google.com/search?q=top+100+movies+of+all+time+imdb&amp;rlz=1C1GC EA_enGB893GB893&amp;oq=top+100+movies+of+&amp;aqs=chrome.5.0j69i57j0l6.9351j0j8&amp;sourceid=chrome&amp;ie=UTF-8</a></p>	<p><b>Day 6</b> Play a card game or board game you haven't played in a while. <input type="checkbox"/></p> <p><a href="https://www.bestchoicereviews.org/50-greatest-card-games-board-games-of-all-time/">https://www.bestchoicereviews.org/50-greatest-card-games-board-games-of-all-time/</a></p>
<p><b>Day 7</b> Download a mindfulness App. <input type="checkbox"/></p> <p><a href="https://www.independent.co.uk/extras/indybest/gadgets-tech/phones-accessories/best-mindfulness-apps-a8217931.html">https://www.independent.co.uk/extras/indybest/gadgets-tech/phones-accessories/best-mindfulness-apps-a8217931.html</a></p>	<p><b>Day 8</b> Research 3 jobs / career paths that interest you. <input type="checkbox"/></p> <p><a href="https://nationalcareers.service.gov.uk/">https://nationalcareers.service.gov.uk/</a></p>	<p><b>Day 9</b> Make breakfast for another family member. <input type="checkbox"/></p> <p><a href="https://www.bbcgoodfood.com/recipes/collection/breakfast">https://www.bbcgoodfood.com/recipes/collection/breakfast</a></p>	<p><b>Day 10</b> Create an album of 10 favourite photos. <input type="checkbox"/></p> <p><a href="https://www.freeprintsphotobooks.co.uk/">https://www.freeprintsphotobooks.co.uk/</a></p>	<p><b>Day 11</b> Say something positive to everyone in your household. <input type="checkbox"/></p> <p><a href="https://www.countryliving.com/life/news/g5069/family-quotes/">https://www.countryliving.com/life/news/g5069/family-quotes/</a></p>	<p><b>Day 12</b> Do something helpful for a friend/ family member today. <input type="checkbox"/></p> <p><a href="https://www.wikihow.com/Help-Around-the-House">https://www.wikihow.com/Help-Around-the-House</a></p>
<p><b>Day 13</b> Do a chore, without being asked. <input type="checkbox"/></p> <p><a href="https://www.lifehack.org/419394/7-household-chores-with-unexpected-health-benefits">https://www.lifehack.org/419394/7-household-chores-with-unexpected-health-benefits</a></p>	<p><b>Day 14</b> Send a positive text to ten of your friends. <input type="checkbox"/></p> <p><a href="https://www.textmessages.eu/messages/encouraging-messages-for-friends/">https://www.textmessages.eu/messages/encouraging-messages-for-friends/</a></p>	<p><b>Day 15</b> Listen to your favourite song and dance. <input type="checkbox"/></p> <p><a href="https://en.wikipedia.org/wiki/List_of_UK_top-ten_singles_in_2019">https://en.wikipedia.org/wiki/List_of_UK_top-ten_singles_in_2019</a></p>	<p><b>Day 16</b> Stay off social media for 2 hours and find an activity to do. <input type="checkbox"/></p> <p><a href="https://www.bbcgoodfood.com/recipes/collection/easy-baking">https://www.bbcgoodfood.com/recipes/collection/easy-baking</a></p>	<p><b>Day 17</b> Take a selfie and note down 5 things you like about yourself. <input type="checkbox"/></p> <p><a href="https://examples.yourdictionary.com/examples-of-personality-traits.html">https://examples.yourdictionary.com/examples-of-personality-traits.html</a></p>	<p><b>Day 18</b> Research self care ideas so that you can look after yourself. <input type="checkbox"/></p> <p><a href="https://youngminds.org.uk/blog/self-care-tips-for-the-new-academic-year/">https://youngminds.org.uk/blog/self-care-tips-for-the-new-academic-year/</a></p>
<p><b>Day 19</b> Think about two role models in your life - Why do they inspire you? <input type="checkbox"/></p> <p><a href="https://wealthygorilla.com/8-inspirational-role-models-look/">https://wealthygorilla.com/8-inspirational-role-models-look/</a></p>	<p><b>Day 20</b> List of three positive things you would like to achieve by year end. <input type="checkbox"/></p> <p><a href="https://www.goskills.com/Soft-Skills/Articles/Top-10-new-years-resolutions">https://www.goskills.com/Soft-Skills/Articles/Top-10-new-years-resolutions</a></p>	<p><b>Day 21</b> Research an indoor exercise routine that you can do safely. <input type="checkbox"/></p> <p><a href="https://www.thebodycoach.com/blog/pe-with-joe-1254.html">https://www.thebodycoach.com/blog/pe-with-joe-1254.html</a></p>	<p><b>Day 22</b> Call a relative or friend who is far away for and have a chat with them. <input type="checkbox"/></p> <p><a href="https://www.bbc.co.uk/bbcthree/article/a27b784-1adb-4dc2-871e-c6842e4b66d0">https://www.bbc.co.uk/bbcthree/article/a27b784-1adb-4dc2-871e-c6842e4b66d0</a></p>	<p><b>Day 23</b> Email one of your tutors to say thank you for something. <input type="checkbox"/></p> <p><a href="https://www.greeting-card-messages.com/what-to-write-in-a-teacher-thank-you-card.php">https://www.greeting-card-messages.com/what-to-write-in-a-teacher-thank-you-card.php</a></p>	<p><b>Day 24</b> Write down 5 things that make you happy. <input type="checkbox"/></p> <p><a href="https://www.happier.com/blog/25-ways-to-feel-happier-in-the-next-5-minutes/">https://www.happier.com/blog/25-ways-to-feel-happier-in-the-next-5-minutes/</a></p>
<p><b>Day 25</b> Write a blog about something you enjoy. <input type="checkbox"/></p> <p><a href="https://www.wordstream.com/blog/ws/2015/02/09/how-to-write-a-blog-post">https://www.wordstream.com/blog/ws/2015/02/09/how-to-write-a-blog-post</a></p>	<p><b>Day 26</b> List ten places you have visited or would like to visit and why. <input type="checkbox"/></p> <p><a href="https://www.timeout.com/things-to-do/best-cities-in-the-world">https://www.timeout.com/things-to-do/best-cities-in-the-world</a></p>	<p><b>Day 27</b> Watch a film with a family member and turn your phones off. <input type="checkbox"/></p> <p><a href="https://www.bfi.org.uk/best-films-2019">https://www.bfi.org.uk/best-films-2019</a></p>	<p><b>Day 28</b> Write down 3 things that you are grateful for. <input type="checkbox"/></p> <p><a href="https://tinybuddha.com/blog/100-reasons-grateful-today/">https://tinybuddha.com/blog/100-reasons-grateful-today/</a></p>	<p><b>Day 29</b> Draw a picture of what you see out of your window. <input type="checkbox"/></p> <p><a href="https://www.youtube.com/watch?v=B4NHF2K4zNA">https://www.youtube.com/watch?v=B4NHF2K4zNA</a></p>	<p><b>Day 30</b> Visit Moodle to find three organisations that can support you to stay healthy. <input type="checkbox"/></p> <p><a href="https://moodle.stcg.ac.uk/login/index.php">https://moodle.stcg.ac.uk/login/index.php</a></p>