

7 ways to brighten your day!

Try these things in any order over any time period that works for you and your family. Print this out and tick them off as you go.



Day 1 - Smile!

A smile boosts your immune system and lowers stress levels by releasing feel-good endorphins. Think of a happy memory, funny photo or just smile. Spread those happy vibes!



Day 2 - A Random Act of Kindness

Make someone's day with a simple and unexpected gesture of kindness. It could be anything from a little to something big, whatever you choose, you'll be spreading the joy!



Day 3 - Let's get physical

Exercising releases the same chemicals we experience when we smile and shown to significantly improve mental health and great for overall health of your family. How will you get active?



Day 4 - Try Something New

It's always good to try something new and it's amazing how it can boost overall well-being and happiness. Will your family bond over something you haven't tried before? Give it a go!



Day 5- Positive beats

What's your favourite song? Music is proven to help improve your mood, self-esteem and quality of life. So today, sit back (or jump up and dance) and enjoy it!



Day 6 - Take a moment

By centring our thoughts, it can help us lead a happier life, less wrapped up in negative emotions and stress. If meditation is new to your family, have a go and see what you think.



Day 7 - A big Thank You

People who regularly practice gratitude have been found to experience more positive emotions, sleep better, and express more compassion and kindness. It's a proven way to boost the positivity in your life!

