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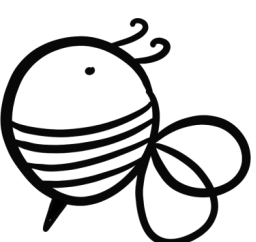
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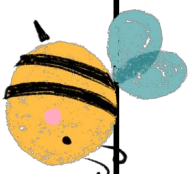
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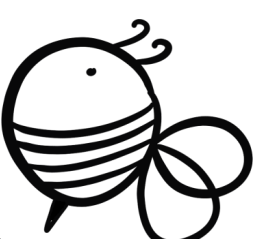
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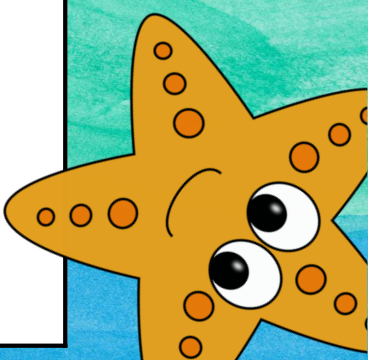
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# ELSA Support April Wellbeing Calendar

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1 Make a heart shape out of all the things that you can find that make you happy in your house or garden

2 Take a photograph of something that makes you feel happy

3 Find a song that makes you feel really good. Sing and do a crazy dance!

4 Blow up a balloon and write all your worries on it with a permanent marker. Bat the balloon up into the air and let them go!

5 Read a favourite book that makes you feel happy

6 Give a compliment to someone in your house. You could make a card and write it in the card

7 Make up a dance routine and teach it to someone in your family

8 Learn a new skill such as how to wash up, fill the dish washers, knit, sew or crochet

9 Write a letter to a neighbour who might be lonely right now

10 Shut your eyes and listen for two minutes. Make a list of all the things you heard in that two minutes

11 Play a favourite board game with a grown up

12 Make some sock puppets and then put on a puppet show

13 Plant some seeds to grow flowers or vegetables

14 Make a gratitude jar. Use a clean jam jar and make a label. Write all the things you are grateful for on slips of paper and pop them in the jar

15 Make a calming area in your house. Add cushions, a den, favourite books, music and cuddly toys. Go there and relax once a day or if you feel overwhelmed

16 Make a huge list of 'happy' words. Make them into a wordsearch for your family to solve

17 Make a paperchain out of strips of paper. Write something that makes you happy on each one and decorate. Link them together and decorate your calming area or bedroom

18 Make a worry monster out of an old tissue/cereal box. Make an opening for the monster's mouth and write any worries down and let the monster eat them

19 Make a rainbow out of coloured objects you can find around the house/garden

20 Make a treasure map of your house/garden and hide objects for others to find

21 Draw a view from one of your windows

22 Make a tree of thanks either with twigs from the garden or out kitchen rolls. Write all the things you are thankful for and hang on the tree

23 Read a story to someone today and make all the voices of the characters come to life

24 Have a movie night with popcorn or snacks and your favourite drink. Cuddle up together on the sofa!

25 Write notes for all your family and hide them around the house for them to find. Tell them what you love about them

26 Make music from pots, pans and wooden spoons

27 Write an A-Z of your favourite things

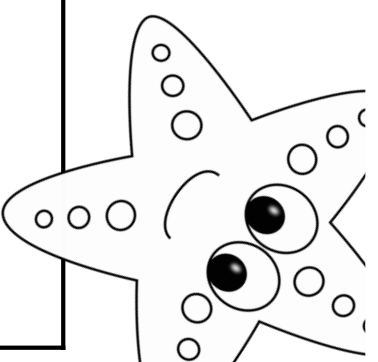
28 Write a list of your 10 best days ever! Share them with your family

29 Send a video message/text or ring someone you care about

30 Create a happy face out of anything at all in your house or garden. Get creative!

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