

# Challenge: 'Feel good' collection

We know things are a bit different right now (in fact, they have been 'a bit different' nearly all year, haven't they?) Sometimes, when we must stop doing things or change the way we do them, it can be tough. It's easy to get bogged down in thinking about all the things we've stopped doing or the things we can't do at the moment, and how much we miss them. That's OK, that's normal! But it's important we take some time to ourselves and think about all the things we CAN still enjoy doing. All the things that make us happy. All the things that we are thankful for. So, here's a challenge to help you find those positives, capture them, and get creative so we can remember them often.

**Step 1:** Make a list of all the things that you can do at the moment, which make you feel happy. Think of all the things that you are thankful for. You could even use our tick list on the next page. But remember, this is YOUR list so feel free to add to it!

#### You will need:

- Camera (or smartphone)
- Printer for photos (optional)
- Paper, crayons, etc.

**Step 2:** Ask an adult to help you take a photo of something which represents each of the things on your list. If you can't take a photo, why not draw a picture, or even find something to represent it to use in the next step...

**Step 3:** Find a way to collate your photos, pictures, or examples. Could you print your photos and stick them together onto a collage? Can you do the same with your pictures and sample items?

**Step 4:** Display your collection somewhere that you'll see it regularly – in your bedroom or somewhere else in your house.

**Step 5:** Remember, this is not a complete collection. You'll think of other things that make you feel happy, or thankful. Why not take more photos or draw more pictures or collect more items and add them to your collection? Why not encourage other people in your family to do the same? You could even create a huge family collection? The important thing is to keep looking for the positives – what makes you happy and thankful, especially on days when you might not feel it? Help other people complete this challenge when they need to.

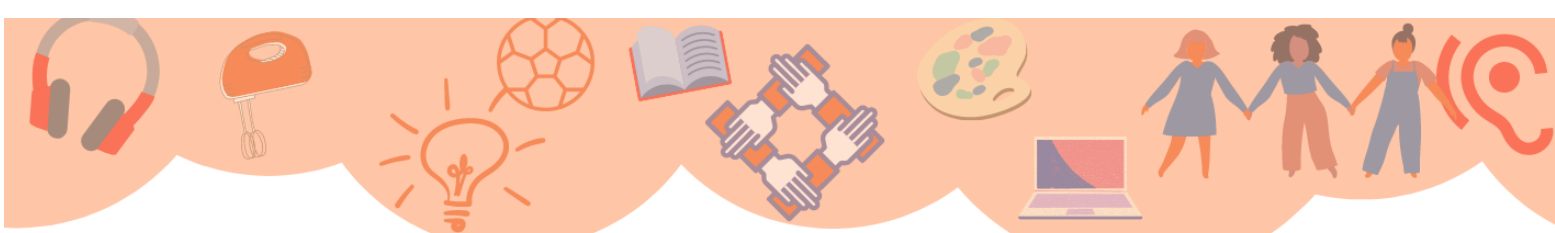


## Which skills will I be developing?



**Skills Builder**  
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### Find something that...

\_\_\_\_\_ in nature that you are thankful for

\_\_\_\_\_ you look forward to every day

\_\_\_\_\_ makes you feel 'at home'

\_\_\_\_\_ is useful to you

\_\_\_\_\_ you enjoy outside your home

\_\_\_\_\_ makes a beautiful sound

\_\_\_\_\_ you love in your bedroom

\_\_\_\_\_ comes in your favourite colour

\_\_\_\_\_ you eat that tastes good

\_\_\_\_\_ has a gorgeous smell

\_\_\_\_\_ makes you feel unique

\_\_\_\_\_ reminds you of someone who is special

\_\_\_\_\_ you find entertaining

\_\_\_\_\_ reminds you of a happy memory

\_\_\_\_\_ makes you think of a time when you felt proud

\_\_\_\_\_ makes you feel warm and cosy

