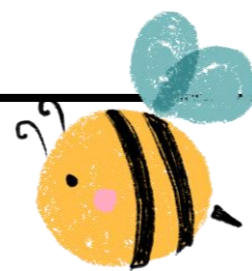


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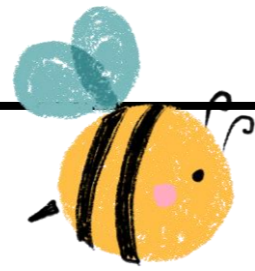
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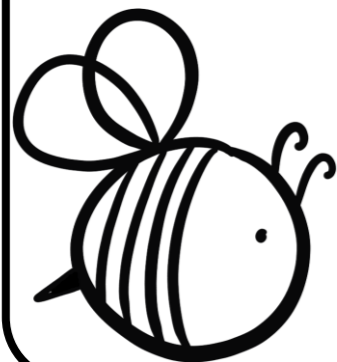
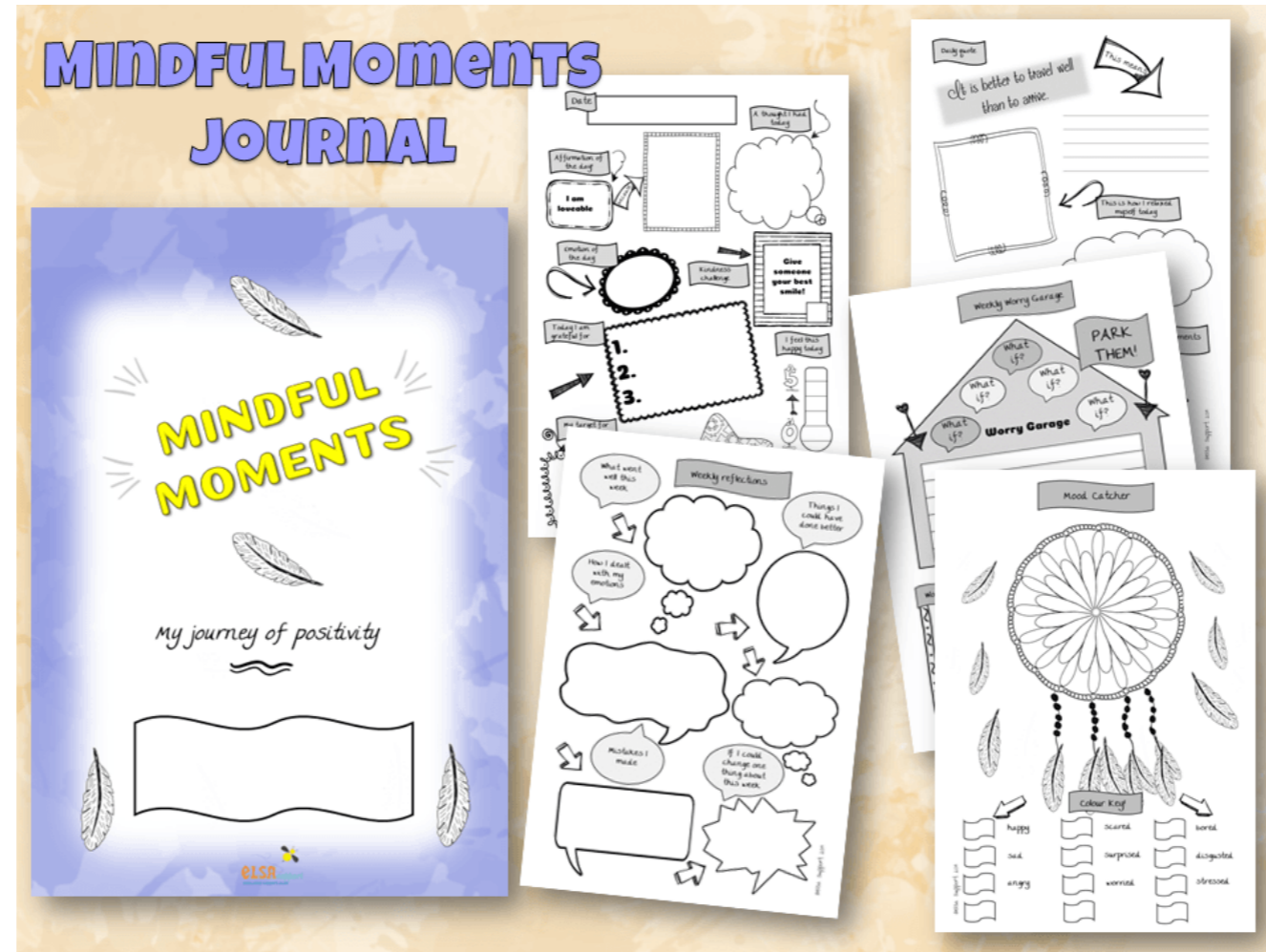




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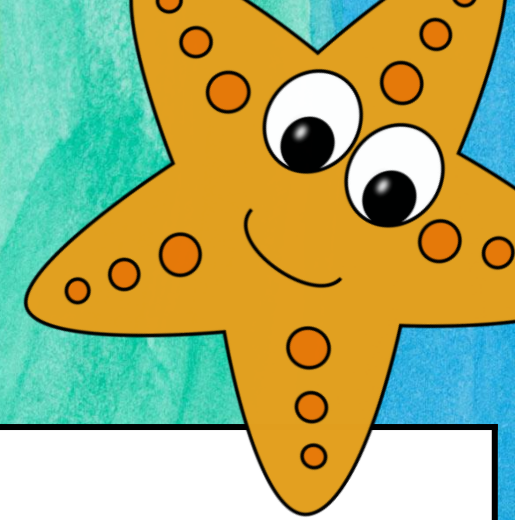






# ELSA Support April Wellbeing Calendar

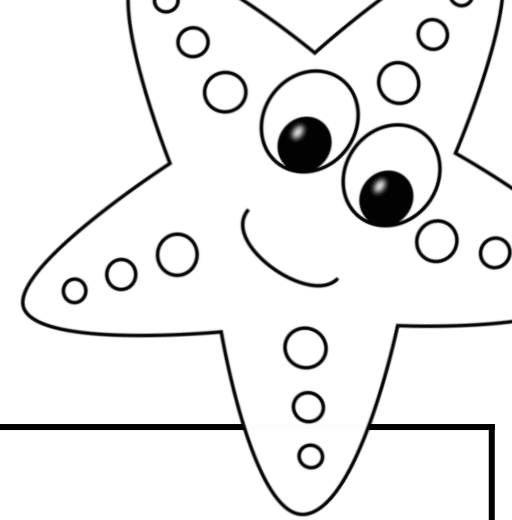
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<p><b>1</b> Make a heart shape out of all the things that you can find that make you happy in your house or garden</p>	<p><b>2</b> Take a photograph of something that makes you feel happy</p>	<p><b>3</b> Find a song that makes you feel really good. Sing and do a crazy dance!</p>	<p><b>4</b> 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!</p>	<p><b>5</b> Read a favourite book that makes you feel happy</p>	<p><b>6</b> Give a compliment to someone in your house. You could make a card and write it in the card</p>
<p>Make up a dance routine and teach it to someone in your family <b>7</b></p>	<p>Learn a new skill such as how to wash up, fill the dish washer, knit, sew or crochet <b>8</b></p>	<p><b>9</b> Write a letter to a neighbour who might be lonely right now</p>	<p>Shut your eyes and listen for two minutes. Make a list of all the things you heard in that two minutes <b>10</b></p>	<p><b>11</b> Play a favourite board game with a grown up</p>	<p>Make some sock puppets and then put on a puppet show <b>12</b></p>
<p><b>13</b> Plant some seeds to grow flowers or vegetables</p>	<p><b>14</b> 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</p>	<p>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 <b>15</b></p>	<p>Make a huge list of 'happy' words. Make them into a wordsearch for your family to solve <b>16</b></p>	<p><b>17</b> 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</p>	<p><b>18</b> 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</p>
<p>Make a rainbow out of coloured objects you can find around the house/garden <b>19</b></p>	<p>Make a treasure map of your house/garden and hide objects for others to find <b>20</b></p>	<p><b>21</b> Draw a view from one of your windows</p>	<p>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 <b>22</b></p>	<p><b>23</b> Read a story to someone today and make all the voices of the characters come to life</p>	<p>Have a movie night with popcorn or snacks and your favourite drink. Cuddle up together on the sofa! <b>24</b></p>
<p>Write notes for all your family and hide them around the house for them to find. Tell them what you love about them <b>25</b></p>	<p>Make music from pots, pans and wooden spoons <b>26</b></p>	<p><b>27</b> Write an A-Z of your favourite things</p>	<p><b>28</b> Write a list of your 10 best days ever! Share them with your family</p>	<p><b>29</b> Send a video message/text or ring someone you care about</p>	<p>Create a happy face out of anything at all in your house or garden. Get creative! <b>30</b></p>

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