



# THINK POSITIVE

Think	Do	Read	Listen	Make
Think of 5 things that make you feel happy	Take a walk around your house or garden	Set yourself a reading goal for 2021	Listen to a new eAudio book on Borrow Box	Make a poster with a feel good message 
Get an empty jar or envelope and fill it with positive messages or memories	Try learning some simple stretches that you can do at home	Read a new magazine	Go outside and write down all the things you can see and hear 	Redesign one of the Reading Well book covers
Share one thing that you are proud of with someone you know	Try out a new exercise at home or in your garden	Try reading one of our Reading Well books and write a book review 	Listen to an opera or watch a ballet on Medici TV	Make something new out of your recyclable rubbish
Try out some breathing exercises or meditate for a few minutes	Design your own fruit smoothie or healthy meal 	Read something that makes you feel happy	Try listening to a podcast	Find a new cooking or baking recipe to try
Write a positive poem, short story, song or message 	Dance along to your favourite songs	Read a comic book or graphic novel	Make a playlist of music that makes you feel happy	Learn a new hobby or craft