

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

So, it's the last day of home learning! You have worked so hard and stayed positive over the last few weeks - and I am so proud of you all! Let's continue to 'Think Positive' today. Try and choose at least one activity from each of the five sections: think, do, read, listen and make. How many activities can you complete today?

