

60 Daily Tasks




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Here is the plan for Days 61 -90



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<u>Day 61</u> Smile and say good morning to everyone in your household. <input type="checkbox"/>	<u>Day 62</u> Take 5 minutes to write down your feelings today. <input type="checkbox"/>	<u>Day 63</u> Do 20 Jumping Jacks and 50 knee ups. <input type="checkbox"/>	<u>Day 64</u> Eat something new today that you wouldn't normally eat <input type="checkbox"/>	<u>Day 65</u> Using paper and some colours create a flower and give it to someone <input type="checkbox"/>	<u>Day 66</u> Tidy your room, maybe re organise the layout. <input type="checkbox"/>
<u>Day 67</u> Visit an art gallery! Go online and explore the collections online. <input type="checkbox"/>	<u>Day 68</u> Reply to a pen pal or to someone you have not spoken to in a long time. <input type="checkbox"/>	<u>Day 69</u> Try another video with:.  The Body Coach TV 972K subscribers <input type="checkbox"/>	<u>Day 70</u> Ask a parent or guardian to show you how to make a new meal <input type="checkbox"/>	<u>Day 71</u> Write an acrostic poem for FRIENDSHIP <input type="checkbox"/>	<u>Day 72</u> Do something helpful for a friend or family member today. <input type="checkbox"/>
<u>Day 73</u> Read 20 pages from the book you are reading or start a new book <input type="checkbox"/>	<u>Day 74</u> Try out this podcast..  <input type="checkbox"/>	<u>Day 75</u> Listen to your favourite song and dance around the room. <input type="checkbox"/>	<u>Day 76</u> Stay off social media for >3 hours straight and keep yourself occupied <input type="checkbox"/>	<u>Day 77</u> Write down 10 things you love about your life <input type="checkbox"/>	<u>Day 78</u> Try another yoga video...  <input type="checkbox"/>
<u>Day 79</u> Go to bed 1 hour earlier tonight to wake up 1 hour earlier tomorrow. <input type="checkbox"/>	<u>Day 80</u> Sit down and focus on your breathe for 5 minutes. <input type="checkbox"/>	<u>Day 81</u> Play a card game or board game you haven't played in a while. <input type="checkbox"/>	<u>Day 82</u> Close your eyes and visualise your future life. <input type="checkbox"/>	<u>Day 83</u> Organise your photos on your phone and computer. <input type="checkbox"/>	<u>Day 84</u> Write down 5 things you are thankful for in your life. <input type="checkbox"/>
<u>Day 85</u> Write a letter of appreciation to the NHS and share it with a family member <input type="checkbox"/>	<u>Day 86</u> Draw or paint the most colourful thing in your house. <input type="checkbox"/>	<u>Day 87</u> Write a poem or short story. <input type="checkbox"/>	<u>Day 88</u> Make sure you get >8 hours sleep tonight. Note how you feel the next day. <input type="checkbox"/>	<u>Day 89</u> Stretch and move your body any way that feels good for 10 minutes. <input type="checkbox"/>	<u>Day 90</u> Do a chore in the house without being asked to do it. <input type="checkbox"/>

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Here is the plan for Days 91 -120



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Day 91 – Try out this cool podcast <i>Brain on!</i>  <input type="checkbox"/>	Day 92 Organise files and documents on your computer. <input type="checkbox"/>	Day 93 Write a fun synopsis (introduction) for a short film. <input type="checkbox"/>	Day 94 Create scenery and props for your short film. <input type="checkbox"/>	Day 95 Act out and film your short movie. <input type="checkbox"/>	Day 96 Go on YouTube and try...  <input type="checkbox"/>
Day 97 Draw but listen to your favourite music. See what flows naturally <input type="checkbox"/>	Day 98 Do something nice for a sibling or parent/carer. <input type="checkbox"/>	Day 99 Run on the spot for 3 minutes then do 3 Star Jumps <input type="checkbox"/>	Day 100 Get a fun history fix with  podcast <input type="checkbox"/>	Day 101 Ensure you have >5 fruit and veg today – Write them all day <input type="checkbox"/>	Day 102 Do something helpful for a friend or family member today. <input type="checkbox"/>
Day 103 Write down five positive things about yourself on Post-It-Notes <input type="checkbox"/>	Day 104 Tag your family in a pic that brings you happy memories <input type="checkbox"/>	Day 105 Ask your parent/caregiver about happy things in their life <input type="checkbox"/>	Day 106 Research places you would like to travel to in your life time. <input type="checkbox"/>	Day 107 Google the yoga position <i>Viparta Karani</i> and try it for 5-10 mins. <input type="checkbox"/>	Day 108 Draw around your hand and create a henna design. <input type="checkbox"/>
Day 109 Do the washing up today for at least 2 meals. <input type="checkbox"/>	Day 110 Write down anything that comes to your mind for 5 minutes without stopping. <input type="checkbox"/>	Day 111 Draw your favourite animal using geometric shapes. <input type="checkbox"/>	Day 112 Use 10 French or Spanish words today. <input type="checkbox"/>	Day 113 Clean a room in the house that is not your bedroom. <input type="checkbox"/>	Day 114 Design a pair of trainers or shoes. <input type="checkbox"/>
Day 115 Learn a new dance sequence. <input type="checkbox"/>	Day 116 Give a hand massage to someone in your household. <input type="checkbox"/>	Day 117 With permission take a bath or run one for a family member. <input type="checkbox"/>	Day 118 Make a scrap book of last years adventures. <input type="checkbox"/>	Day 119 Organise your wardrobe. Give away what you don't need or want. <input type="checkbox"/>	Day 120 Try finishing that booked you started ;) <input type="checkbox"/>