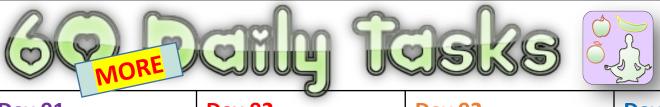




## Here is the plan for Days 61 -90



Mois			205)	CORRIGORO	¥1
Day 61 Smile and say good morning to everyone in your household.	Day 62 Take 5 minutes to write down your feelings today.	Day 63  Do 20 Jumping Jacks and 50 knee ups.	Day 64 Eat something new today that you wouldn't normally eat	Day 65 Using paper and some colours create a flower and give it to someone	Day 66 Tidy your room, maybe re organise the layout.
Day 67 Visit an art gallery! Go online and explore the collections online.	Day 68 Reply to a pen pal or to someone you have not spoken to in a long time.	Day 69 Try another video with:.  The Body Coach TV 972K subscribers	Day 70 Ask a parent or guardian to show you how to make a new meal	Day 71 Write an acrostic poem for FRIENDSHIP	Day 72  Do something helpful for a friend or family member today.
Day 73  Read 20 pages from the book you are reading or start a new book	Day 74  Try out this podcast	Day 75 Listen to your favourite song and dance around the room.	Day 76 Stay off social media for >3 hours straight and keep yourself occupied	Day 77 Write down 10 things you love about your life	Day 78 Try another yoga video YOGA
Day 79 Go to bed 1 hour earlier tonight to wake up 1 hour earlier tomorrow.	Day 80 Sit down and focus on your breathe for 5 minutes.	Day 81  Play a card game or board game you haven't played in a while.	Day 82 Close your eyes and visualise your future life.	Day 83 Organise your photos on your phone and computer.	Day 84 Write down 5 things you are thankful for in your life.
Day 85 Write a letter of appreciation to the NHS and share it with a family member	Day 86 Draw or paint the most colourful thing in your house.	Day 87 Write a poem or short story.	Day 88  Make sure you get >8 hours sleep tonight. Note how you feel the next day.	Day 89 Stretch and move your body any way that feels good for 10 minutes.	Day 90  Do a chore in the house without being asked to do it.





## Here is the plan for Days 91 -120



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