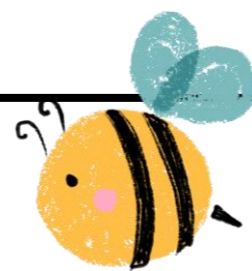


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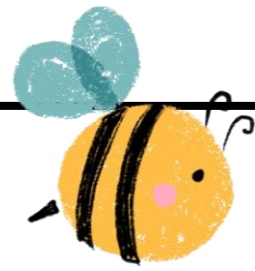
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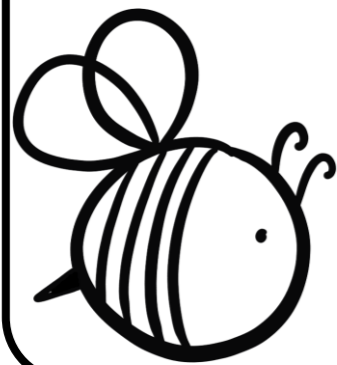
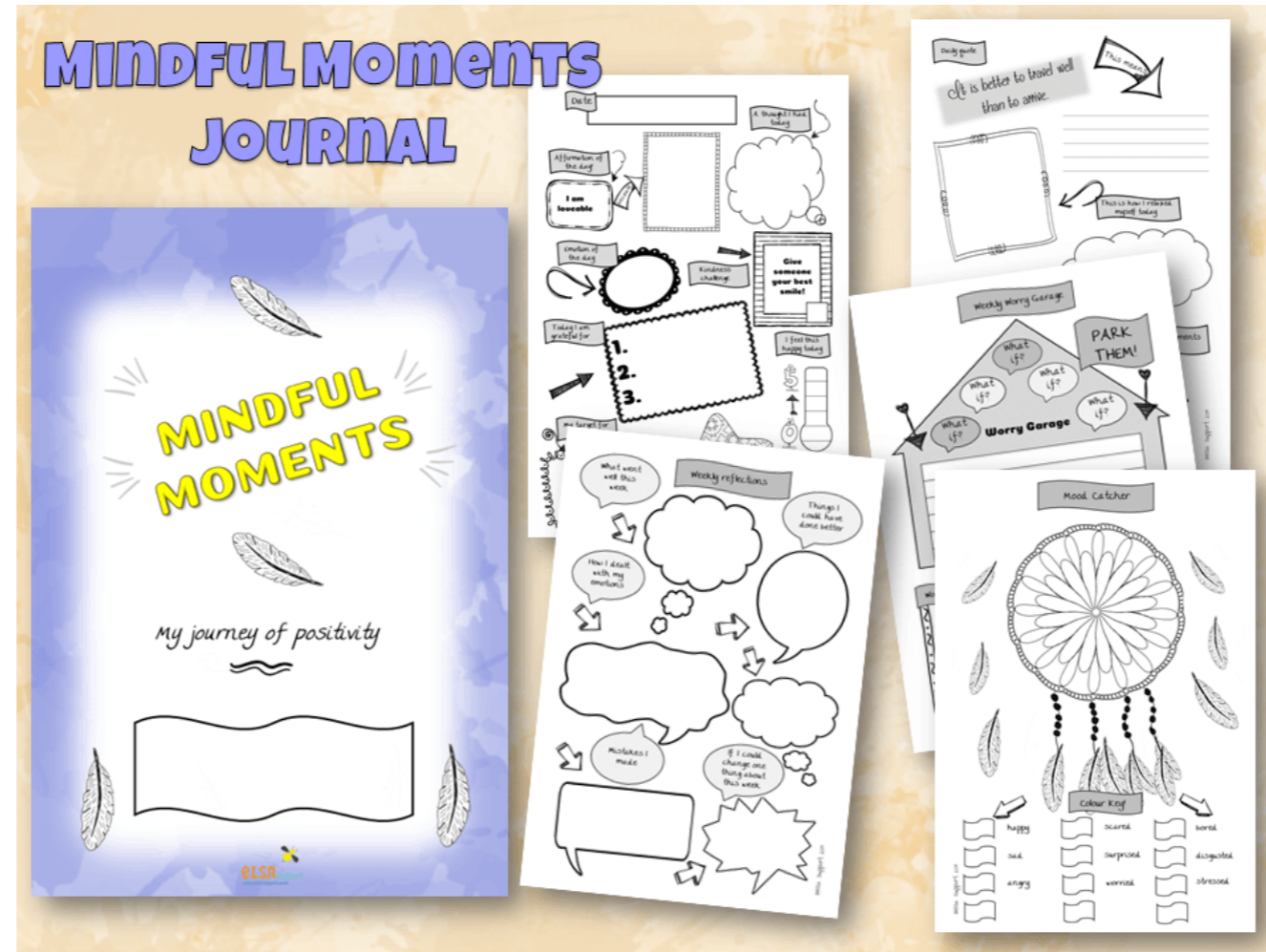




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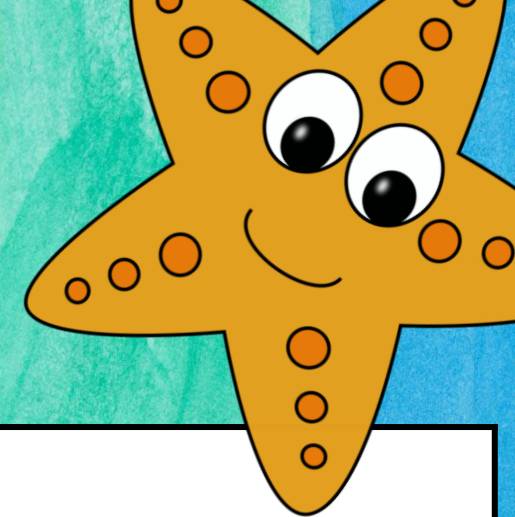
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ELSA Support April Wellbeing Calendar

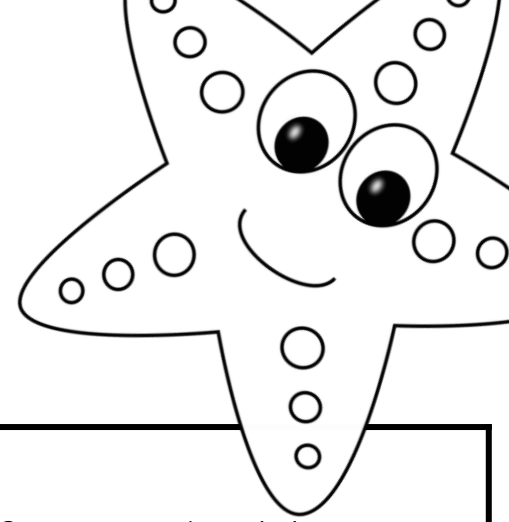
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<p>1 Make a heart shape out of all the things that you can find that make you happy in your house or garden</p>	<p>2 Take a photograph of something that makes you feel happy</p>	<p>3 Find a song that makes you feel really good. Sing and do a crazy dance!</p>	<p>4 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>5 Read a favourite book that makes you feel happy</p>	<p>6 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 7</p>	<p>Learn a new skill such as how to wash up, fill the dish washer, knit, sew or crochet 8</p>	<p>9 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 10</p>	<p>11 Play a favourite board game with a grown up</p>	<p>Make some sock puppets and then put on a puppet show 12</p>
<p>13 Plant some seeds to grow flowers or vegetables</p>	<p>14 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 15</p>	<p>Make a huge list of 'happy' words. Make them into a wordsearch for your family to solve 16</p>	<p>17 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>18 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 19</p>	<p>Make a treasure map of your house/garden and hide objects for others to find 20</p>	<p>21 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 22</p>	<p>23 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! 24</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 25</p>	<p>Make music from pots, pans and wooden spoons 26</p>	<p>27 Write an A-Z of your favourite things</p>	<p>28 Write a list of your 10 best days ever! Share them with your family</p>	<p>29 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! 30</p>

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