

# learning from home pack

NAME:

Teacher:

Class:

contents



learning objectives

LIFE SKILLS & WELLBEING

tootoot

- To understand what mental health is and how it can affect everyone around us
- To explore the impact anxiety can have on us and those around us and, learn some tips on how to manage it
- Explore practical steps you can take to look after your mental health with a focus on talking to a trusted adult and getting a good nights sleep

What is mental health?

Progress Passport

Who does mental health affect?

Sleep and Relaxation

Mindful Colouring

Self Esteem-Tree

Emotional Health Explained

Boosting Self Esteem

Tell me about you

Top tips for self esteem

Coping Strategies

Mindful Colouring

Wellbeing Cube

Your brain is a powerful thing

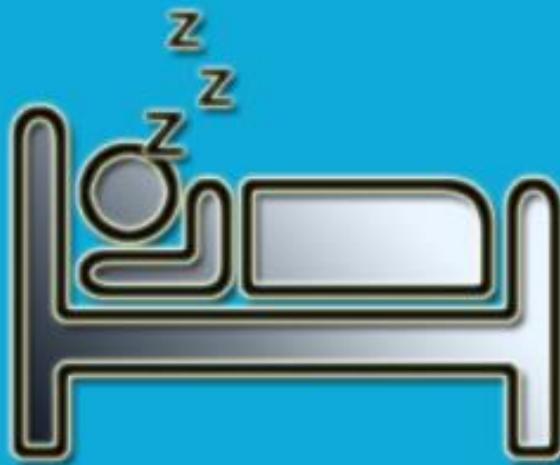
What is anxiety?

Top tips for managing anxiety

Mindful Colouring

30 Day Wellbeing Challenge

tootoot



CREATIVE RESOURCES



“The state in which your mind is from a psychological wellbeing perspective”

## Mental Health vs Mental Illness

**Mental Health** is a person's condition with regard to their psychological and emotional wellbeing

**Mental Illness** is a clinically diagnosable illness, affecting how a person thinks and feels, behaves, and interacts with other people

**Good mental health** indicates a balanced, stable mind where there isn't any prolonged negative states, no long-term emotional imbalances or dysfunction, you can appropriately express how you feel or manage your emotions or, seek the appropriate help where needed.

**Poor mental health** indicates a feeling of; not being in control with your emotions, long term negative emotions, difficulty expressing yourself emotionally, feeling alone or isolated, extremes of emotional states such as rage, suicidal thoughts, feeling disconnected. Mental health can affect your physical health.

Mental health is something that can **affect anyone**, our environment and bodies are changing constantly and **sometimes it can be stressful**. It's important to **find a trusted adult** you can confide in during the difficult times and celebrate the stress-free moments.



# progress passport



## TARGET SETTING 2020 -2021

<b>Target 1</b> Target I would like to set myself that is linked to my school life	E.G <i>I will try to focus more in my music lesson</i>
<b>Target 2</b> Target I would like to set myself the is linked to my home life	E.G <i>I will try to do more chores around the house or keep my bedroom tidy</i>
<b>Target 3</b> Target I would like to set myself that is linked to my personal wellbeing	E.G <i>I will take time to enjoy watching either the sunrise or sunset once a week</i>

Who can help you to achieve these targets?



Attach or draw a photo of yourself

SURNAME:  
FORENAME:  
PREFERRED NAME:  
DATE OF BIRTH:  
NATIONALITY:  
AGE:  
FAVOURITE SPORT  
FAVOURITE FOOD:

Attach or draw school logo

## How are you feeling?

What are you most excited about this year? 	1
	2
	3
Best friends name(s)	
What are you most nervous about?	1
	2
	3

## ACADEMIC PROFILE

Favourite Subjects	1
	2
	3
Strongest subject	
Subjects you would like to improve 	1
	2
	3

# Who does mental health affect?



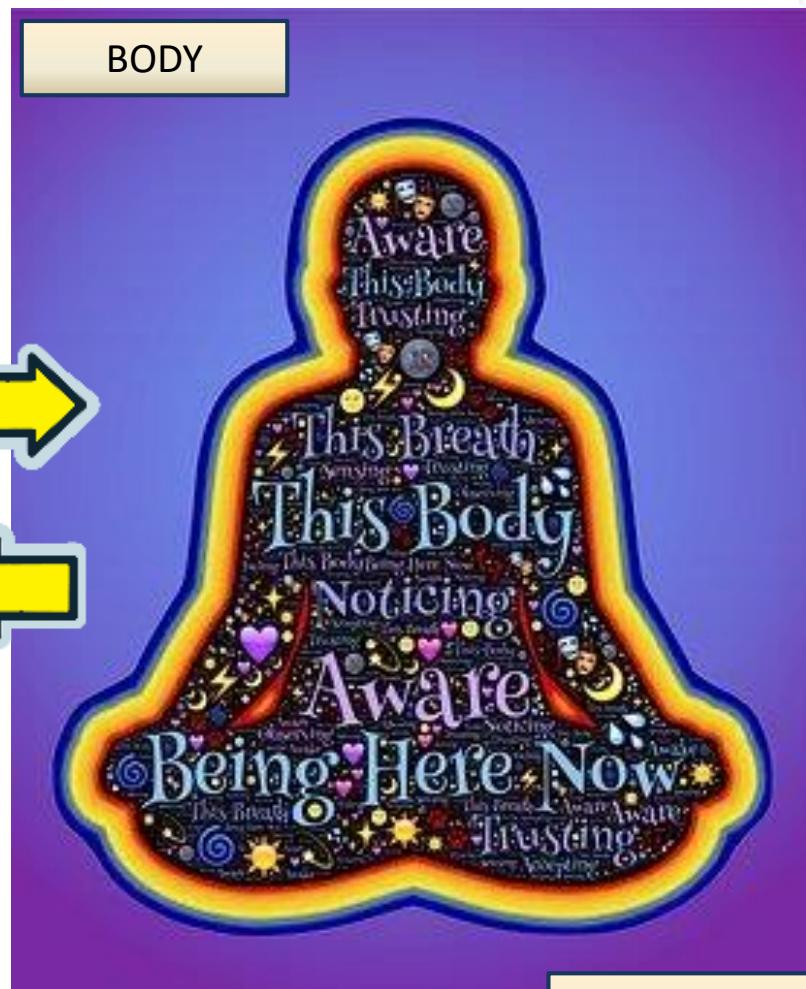
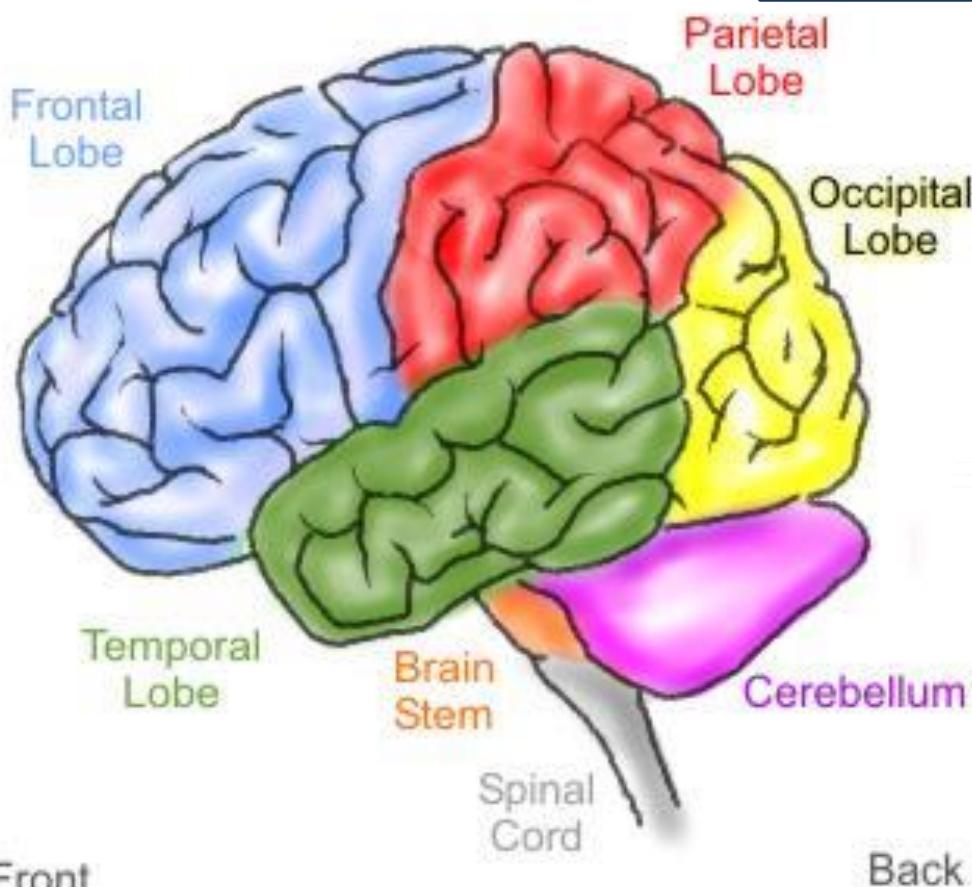
“**Everybody can be affected** by mental health imbalances. The brain and the body have a lot of information they are processing and sometimes it can be a little too much and we need a little outside help or advice. **It’s nothing to worry about or be ashamed of.** This is part of the human experience. It allows us to connect with others, learn, grow and help someone else in the future when they are in a similar situation.”

Choosing what is correct for you to feel good and maintain overall good health, is just as important as your physical health. The body and the brain are one and both play equal roles in keeping us alive, healthy and well. One cannot do the job without the other. The body and the brain talk to each other via the nervous system and endocrine system (hormones), they are both always receiving information from the other (like a computer and a server) and that information is always trying to keep you, safe, happy and healthy.

Regions of the Human Brain

BRAIN

BODY





“Sleep is such an important part of our lives, yet many of us don’t pay much attention to it. It is usually not until we have problems with sleep that we notice it and start to try to understand the nature of sleep. As well as humans, other mammals, reptiles and birds all sleep, while fish, amphibians and insects do not (although they may rest). Some animals sleep in many short bursts, while others, like humans, prefer to sleep in one long block..”

Sleep is essential to humans, just like air, water, and food. When necessary, people can cope without sleep for periods of time, but the longer we are awake the stronger the urge to sleep becomes. Sleep is important for general physical health, restoring energy, repairing injuries or illness, growth, psychological well-being and mood, concentration, memory, work performance, and getting along with others.

Mental health is something that can **affect anyone**. Our environment and bodies are changing constantly and **sometimes it can be stressful**. It’s important to **find a trusted adult** you can confide in during the difficult times and celebrate the stress-free moments.



## Did you know?

*Adequate sleep is 7 hours for your body to regenerate, promote healthy cell/tissue growth. It boosts and restores our immune system.*

*8-9 hours is ideal but everyone has their own normal.*

*Having enough sleep allows your brain to think more clearly*

*Having enough sleep allows your body to work efficiently*

““Sleep is the best and least expensive anxiety medicine.”  
*Ellen Vora, MD*

# Sleep and Relaxation

## Activity: Complete the sentence starters

- Sleep is.....
- My sleep is .....
- ..... and ..... disturbs my sleep
- I sleep well when I .....



**Did you know?**  
 When we have had a good nights sleep we can think more positively, we have the energy.

**Did you know?**  
 Tiredness can make us feel more anxious. Negative thoughts and circulating thoughts can happen in our brains when we are tired. It's like our default setting. They are there because we needed this anxiety for survival when we were cavemen. Anxiety kept us alert and safe from predators because we were constantly aware of our surroundings. In this modern age, we don't have any predators so this constant state of alertness to protect us is not necessary and we now have to actively and consciously make thoughts and decisions to think positively. When we have had a good night's sleep we can think more positively, we have the energy.

## GETTING A GOOD NIGHTS SLEEP

### Will not help

Copy ideas here:

:

### Will help

Copy ideas here:

:

- Turning your phone off
- Smoke cigarettes
- Worrying about things before bed
- Drinking Red Bull and other energy drinks

- Eating a balanced diet
- Meditation and mindfulness exercises
- Being in lots of WhatsApp groups

- 5 portions of fruit and vegetables a day
- Regularly getting 60 minutes of exercise a day
- Reading a book before bed and not playing on phone
- Spraying a nice scent
- Spending lots of time on social media and in front of screens

- Curtains open letting light in
- Tidying your room
- Having electronic standby lights on



“Sleep hygiene’ is a term used to describe good sleep habits. Considerable research by many doctors and other sleep experts has gone into developing a set of guidelines and tips which are designed to enhance good sleeping. There is much evidence to suggest that these strategies can provide long-term solutions to sleep difficulties”

## 10 ways to boost sleep hygiene

1. Get regular with your bedtime routine. Go to bed and wake up at the same time every day

2. Avoid caffeine in any form (energy drinks, tea, coffee, and chocolate) before bed

3. Try not to use your bed for anything other than sleeping so that your body comes to associate bed with sleep

4. Avoid taking naps during the day, to make sure that you are tired at bedtime

5. Develop your own rituals of things to remind your body that it is time to sleep

6. If you haven't been able to get to sleep after about 20 minutes or more, get up and do something calming or boring until you feel sleepy, then return to bed and try again

7. Regular exercise is a good idea to help with good sleep - But don't do it just before bed -

8. A healthy, balanced diet will help you to sleep well, but timing is important - heavy meals before bed are not good -

9. Ensure your bed and bedroom are quiet and comfortable for sleeping

10. Having a hot bath 1-2 hours before bedtime can be useful, as it will raise your body temperature, causing you to feel sleepy

**Going to bed at the same time every night – before 10pm ideally!** In eastern philosophy they believe it is good to sleep between **9-11pm**

This helps to keep us in our circadian rhythm – the right hormones being released in our bodies at the right time. Sleepy hormones for bedtime and wake up hormones for the morning. Going to sleep when the sun goes down (or a few hours after) and waking up when the sun rises (or a few hours after)

**Reading** – tires brain and eyes, they want to close so you naturally fall asleep, reading takes you away to a far of place – this state is very relaxing to the body, your heart rate slows down and your body starts to feel sleepy. The pages of a book are a relaxing, non-stimulating colour.

**30-60 minutes no screen time before bed** – screens are very entertaining, stimulating and engaging – bright colours – connections to friends or celebs – keeps our brains active. You need some quiet time for the brain to have a relaxing/restful sleep

**Blue light off mode on devices** – turning your phone, tablet or laptop off blue light can help the brain relax. Blue light exposure may increase the risk of macular degeneration. The fact that blue light penetrates all the way to the retina (the inner lining of the back of the eye) is important, because laboratory studies have shown that too much exposure to blue light can damage light-sensitive cells in the retina.

Source: <https://www.allaboutvision.com/cvs/blue-light.htm>

### **Take a bath**

Relaxes the nervous system. Adding Epsom salts allows magnesium to pass into the blood stream – magnesium relaxes muscles – relaxed person – adding essential oils can help relax – Essential oils on your pillow, temples of your head, wrists or with an essential oil diffuser:

Lavender

Frankincense

Clary Sage

Sweet Marjoram

Roman Chamomile

Bergamot

\*There is evidence that magnesium helps with anxiety.

### **Stop Eating 3 hours before**

Eat 3 hours before you want to sleep, no snacking and only drinks that are water-based (no milk) ideal is a cup of Chamomile tea. Used for centuries to help calm the mind and body before bed.

An empty stomach is a quiet stomach, so it won't disturb you when you are sleeping. Digestion needs energy to happen and energy in your stomach can keep you awake

### **Stay away from sugar**

Sugar before bed will give a boost of energy (spike your blood sugar levels), you don't want that before bed. Just a normal dinner is best. Ideally a mix of protein, a complex carbohydrate, and veggies.

### **Meditation**

Relaxes the body, decreases heart rate and blood pressure

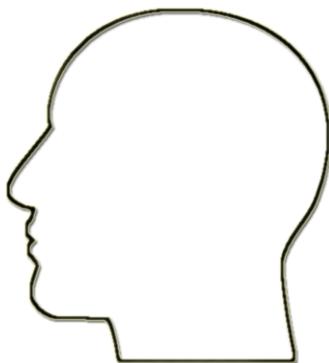
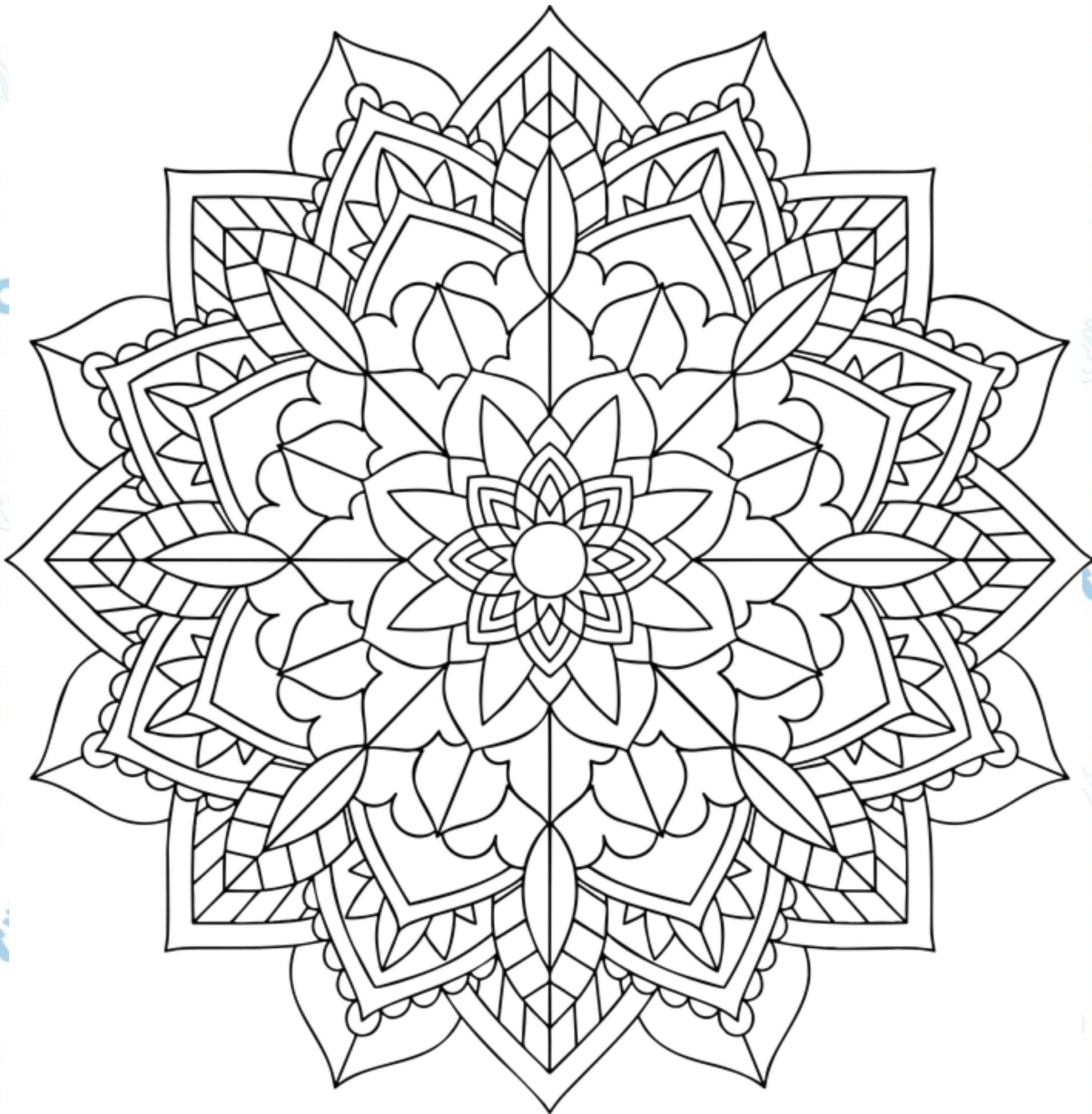
Focuses your mind on the breath which allows the mind to rest, process all the information from your brain

Puts you into your body, when your attention is in the body you can feel what it needs more

### **Gratitude**

Practice gratitude before bed

Saying or writing down what we are grateful for puts us in a great mood. A mood full of appreciation fills us with Joy and love for life and the people around us who are supporting us. The happy hormone of Oxytocin is released and relaxes us making us feel at peace before we sleep conditioning the brain for happy dreams.



### LEVEL 1

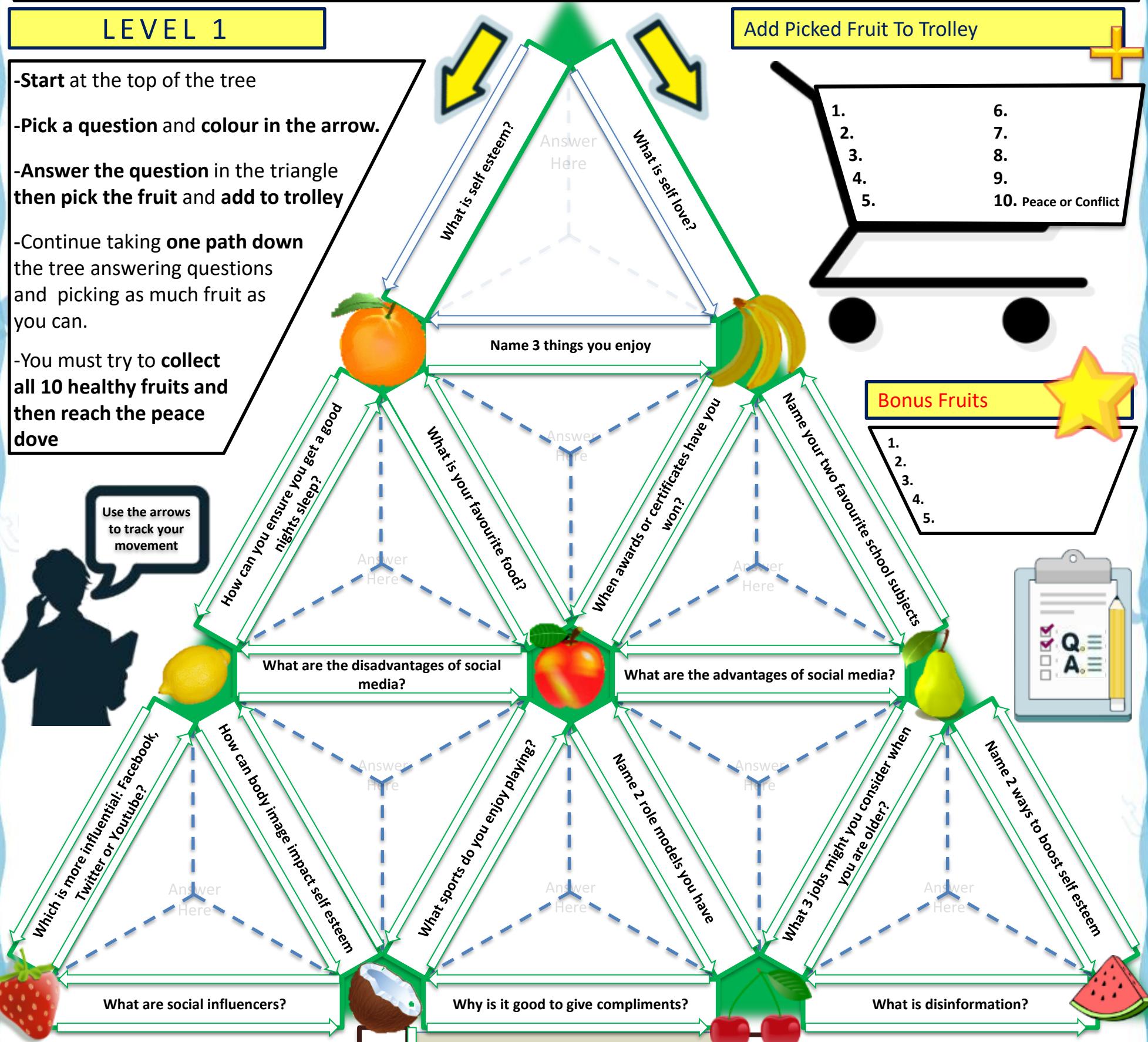
- Start at the top of the tree
- Pick a question and colour in the arrow.
- Answer the question in the triangle then pick the fruit and add to trolley
- Continue taking one path down the tree answering questions and picking as much fruit as you can.
- You must try to collect all 10 healthy fruits and then reach the peace dove

### Add Picked Fruit To Trolley

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
10. Peace or Conflict

### Bonus Fruits

- 1.
- 2.
- 3.
- 4.
- 5.



### LEVEL 2

Come up with **three bonus questions** of increasing difficulty that **link to this topic** and identify which three additional fruit can be won!

Answer another students bonus Questions to **win more fruit!**

Explain the importance of boosting your own self esteem

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Explain the importance of boosting your own self esteem

### LEVEL 2

Q1.

Reward Fruit- \_\_\_\_\_

Q2

Reward Fruit- \_\_\_\_\_

Q3.

Reward Fruit - \_\_\_\_\_

LEVEL UP

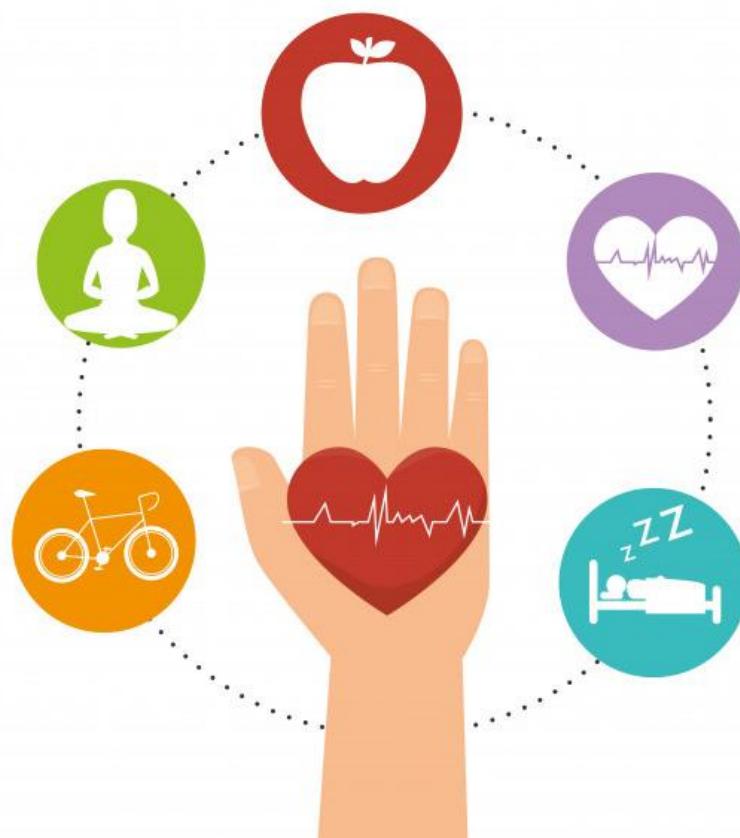


“Having balanced mental health is to **allow emotions to be present** in your mind, **witness them, accept them** and understand that they all **will pass in their due time**. The balance of our thoughts and emotions will allow you to choose the actions that support your physical wellbeing, emotional wellbeing and mental wellbeing ”

## What is Positive Wellbeing?

It is a state of overall good health in both body and mind and can include:

- ✓ **Intellectual** (cognitive stimulation such as problem-solving puzzles)
- ✓ **Spiritual** (understanding a sense of purpose beyond your own existence, can be through prayer or exploration of a higher power, etc)
- ✓ **Social** (building relationships and community support through friends and family and neighbours etc.)
- ✓ **Physical** (movement, whether in sports or walking, movement that brings joy.)



If you do something beneficial to your mind it will respond in a positive way that the body will react to by also releasing these same hormones.

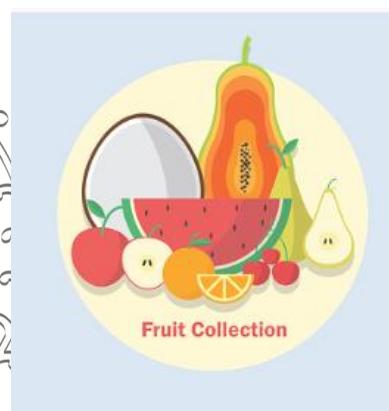
Things that are beneficial to your mind (and spirit) are doing things that you really enjoy!! Things you are passionate about and/or good at. Making and spending time on these passions will help you keep happy.

## Did you know?

*Approximately 1 in 4 people in the UK will experience a mental health problem each year*

*1 in 6 people report experiencing a common mental health problem (such as anxiety, depression, etc.)*

*Psychologist Robert Leahy said that the average teenager has the same level of anxiety that a psychiatric patient would have had in the 1950s*



Scale 1 = Not Ok ----- 10 = Great

- How do you feel today?
- How did you feel last week?
- How do you feel about the future?



**WHAT DO I THINK ABOUT MYSELF...**

MY SELF ESTEEM	1	2	3	4	5	6	7	8	9	10
	NEVER			SOMETIMES			MOST OF THE TIME			
I like the way I look										
I take responsibility for my actions										
I like the body that I have										
My feelings matter										
I am happy										
I feel confident in making new friends										
I am positive about the future										
I use positive self talk instead of putting myself down										
I try my best										

What is emotional health and wellbeing?

How can you boost self esteem?

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TOPICAL DEBATE

**“Imitating people by doing whatever is regarded as cool and trendy is the best way to boost your confidence”**

Arguments For

Arguments Against

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Your personal opinion :

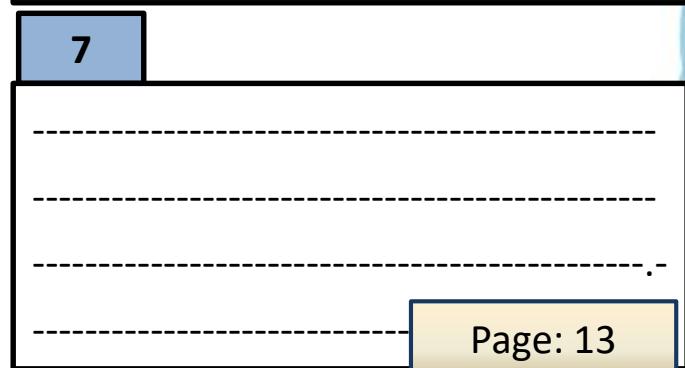
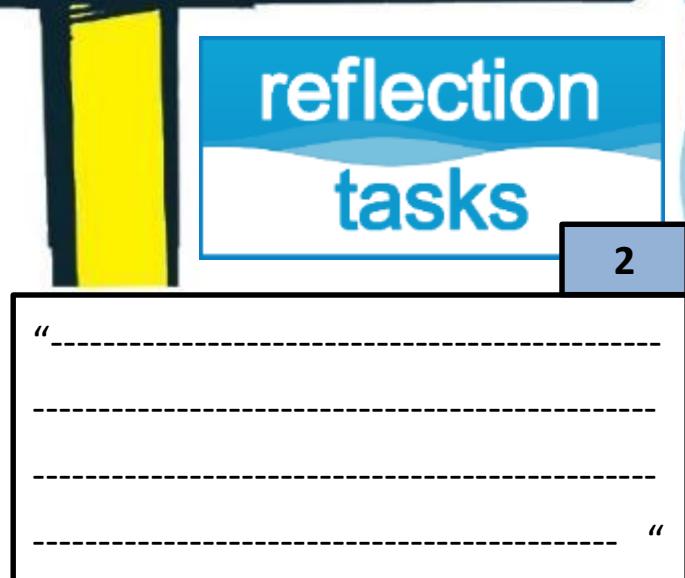
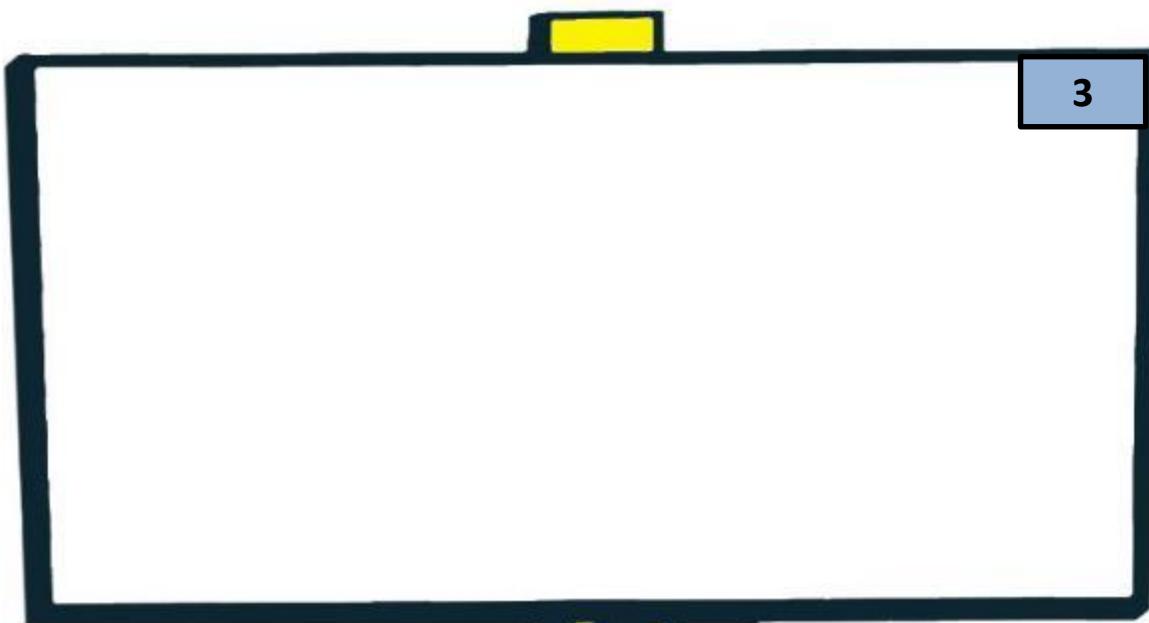
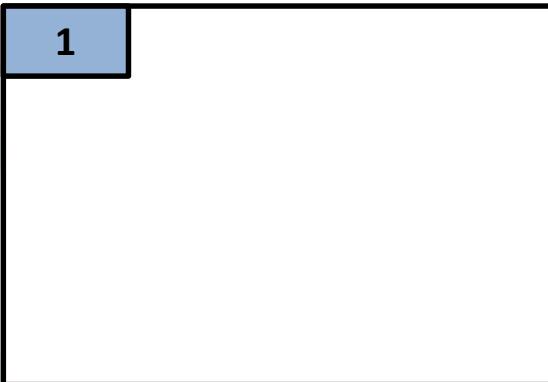
# Tell me all about you!

✓ Fill this page with everything your classmates and teachers should know about you for next year



You must create the following:

1. A picture of you
2. Your favourite saying
3. Tell us what issues you are passionate about
4. Favourite games and apps
5. Mind map of your favourite films, TV programs and apps
6. List of all your favourite books, songs, or games
7. What are the four things you would like to be better at?



## 10 ways to boost it

Take care of your basic physical needs first (Food, Water & Sleep)

Spend time with the people you care about

Accept peoples' compliments and kind words

Treat yourself to something nice & help others when you can

Spend more time doing things you enjoy (hobbies & leisure time)

Don't be too hard on yourself – forgive yourself for mistakes

Positive self talk in the mirror

## Ways to boost self esteem

- Listen to positive music that creates or inspires a body positive image  
“Beautiful” by Christina Aguilera “You are beautiful, no matter what they say. Words can't bring you down.”
- Write five things you love about yourself and add more to the list when you're feeling down or reread to remind yourself of all of your positive qualities.
- Let go of negative self-talk and replace it with positive self-talk.
- When you find yourself stuck in a negative self-talk pattern, stop and focus on taking deep breaths, count your inhale 1-2-3-4, hold your breath for 1-2-3-4, exhale for 1-2-3-4 count and repeat until you feel calm.

## WHAT IS SELF ESTEEM?

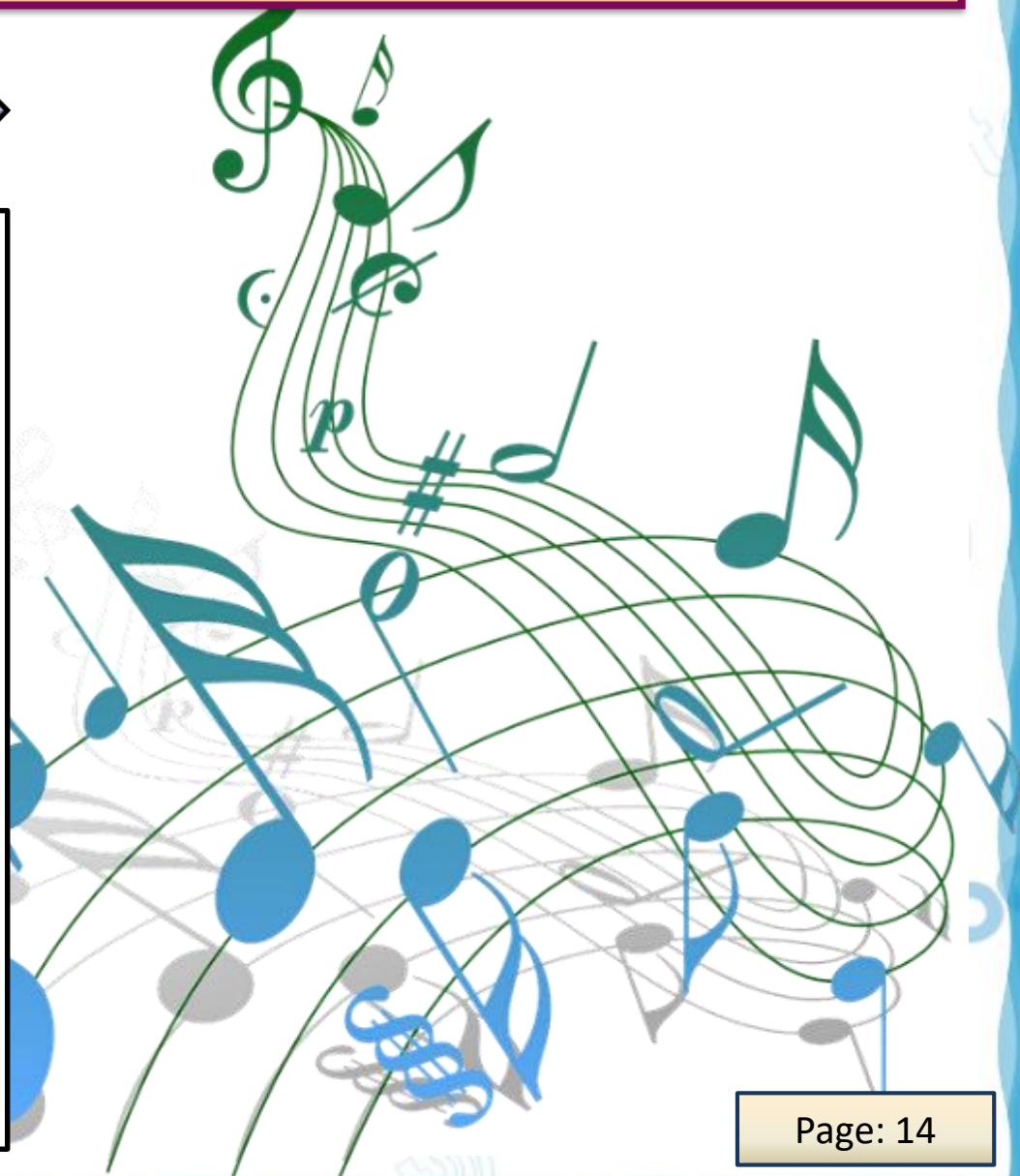
Self esteem reflects an individual's overall emotional view of his or her own worth. It is the decision made by an individual as an attitude towards the self.

It is yourself that you love, care for and feel proud of. When children believe they are valuable and important, they take good care of themselves. They make good decisions about themselves which enhance their value rather than break it down

Be true to yourself and your values

Reward your success and always be proud of them no matter how small

Ignore those that put you down and surround yourself with positive influences



Everyone has mental health. It's on a spectrum as such, everyone has good mental health days and bad mental health days with everything else in between as well. Emotional well-being is our coping and resilience in relation to situations that may impact our mental health and is therefore unique to the individual.

Being aware of our coping strategies and how certain situations affect us shows that individuals are in tune with their emotional wellbeing and therefore promoting and increasing improved mental health and vice-versa when we use bad coping strategies showing negative emotional well-being and promoting bad mental health.

### Reaching out for support.

It's important to have a community or someone to confide in that you trust with your thoughts and feelings. Nothing you think or feel should be used to bully you or belittle you. If you don't have anyone, there are free helplines you can call or chat lines to get support

### Tracing your thoughts

Trace your negative thoughts and feelings back to where they began. Was it something someone said? Was it a recent event or particular aspect in your life that is creating a negative response?

### Taking breaks from technology



It can create a strain on the eyes, disrupt sleep, overstimulate your brain and normally, technology is linked to a lack of movement.

### Deep breathing exercises

Breathing in for four seconds, holding for four, releasing for four is one way of helping us deal with the physical effects of stress and helps to calm our nervous system and bring more oxygen into the body.

### Emotional resilience

This comes into play when we can't control the stress that is coming in from the outside. To gain a wider perspective, write a list of all the things that are going well and good in your life, what are you grateful for?

### Eating well

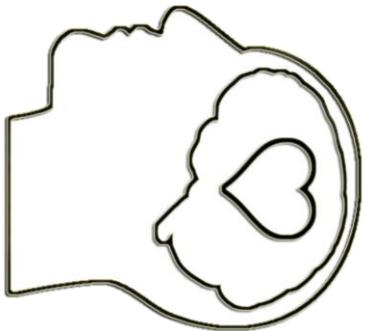
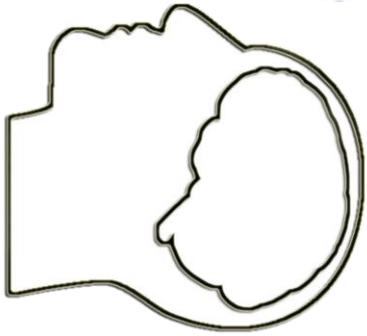
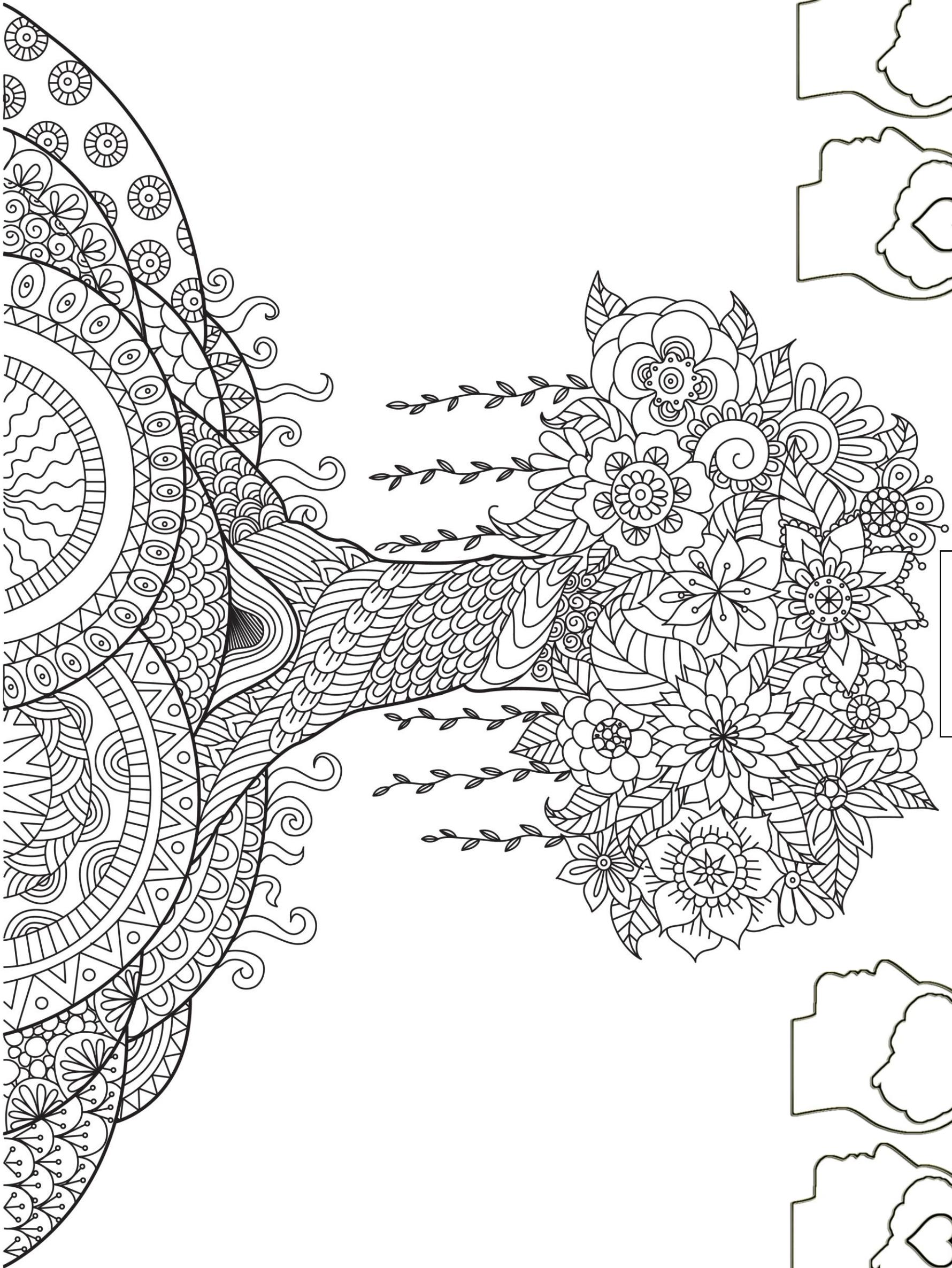
In recent years, the gut has been linked to depression, our emotions, and behaviour. It has been nicknamed "our second brain". Eating fresh fruit, vegetables and whole grains, lean meats, and healthy fats will help alleviate your body from digestive stress and feed your body with what it needs to be happy and healthy.

### Keep a diary of your days

Write down what went well each day, what didn't go well and you feel about it. Then write down what you plan to do differently tomorrow. Reading back on this will help you gain a clearer perspective on how things are going inside.

## Did you know?

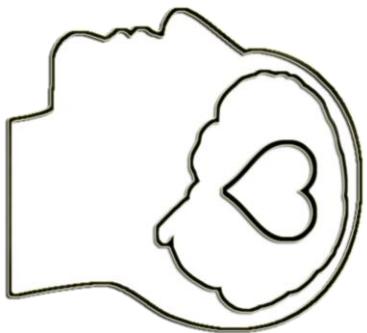
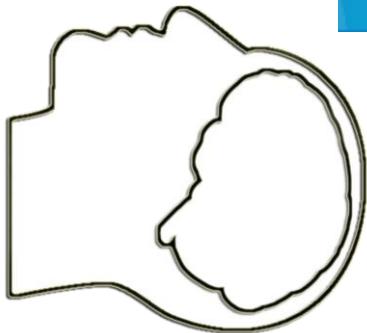
*If you do something beneficial to your body, your mind will appreciate it and release a hormone – for example releasing dopamine when we are exercising. When you exercise, your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain. Endorphins also trigger a positive feeling in the body, similar to that of morphine. These positive feelings from your endorphin release will make you talk positively to yourself for making a good choice that keeps you healthy, happy, safe or all three! Endorphin releases are a little bit addictive in a good way so it makes it easier to build exercise into your life more – we suggest a little every day or every other day.*



mindful

tootootoot

mindful



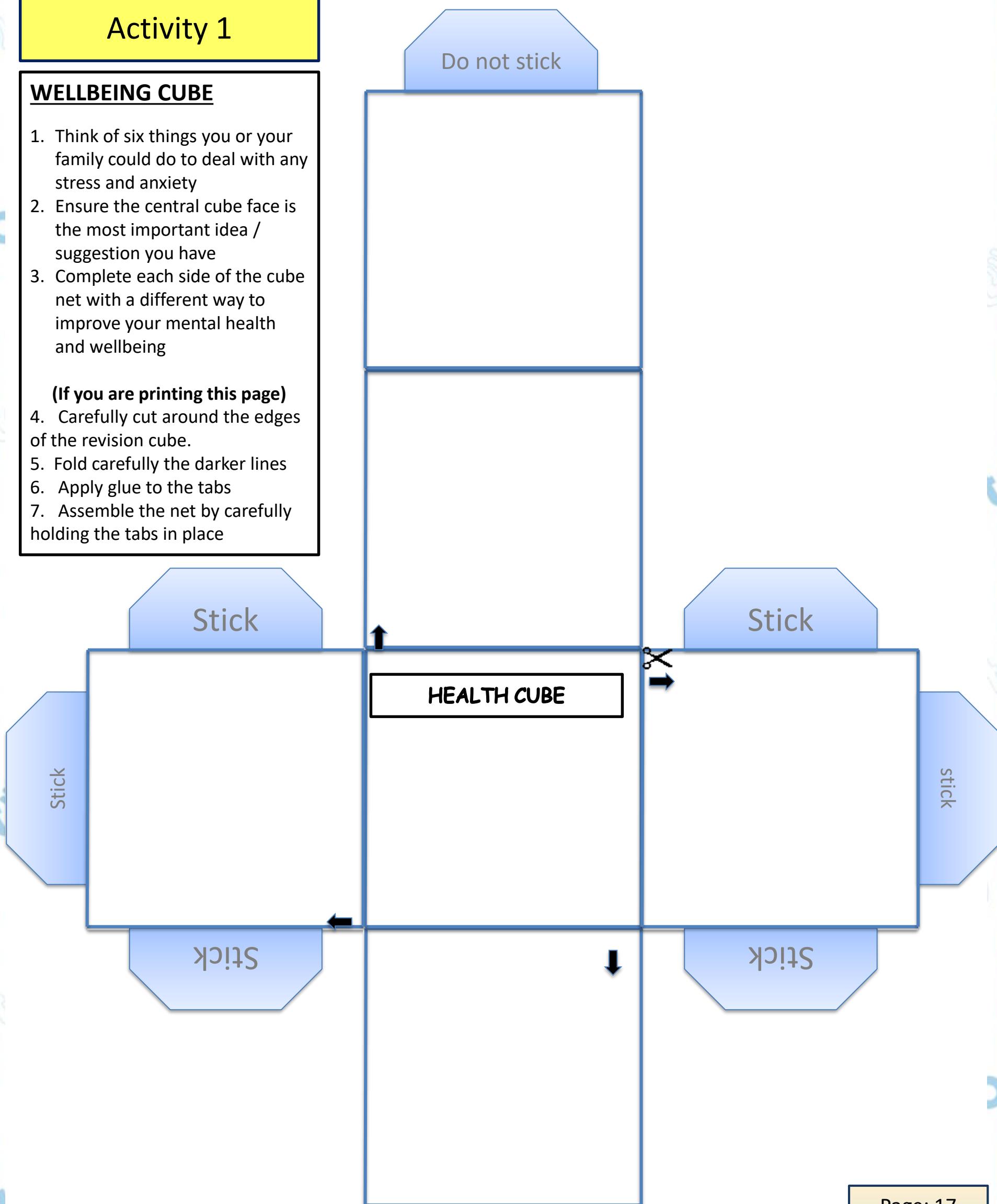
## Activity 1

### WELLBEING CUBE

1. Think of six things you or your family could do to deal with any stress and anxiety
2. Ensure the central cube face is the most important idea / suggestion you have
3. Complete each side of the cube net with a different way to improve your mental health and wellbeing

#### (If you are printing this page)

4. Carefully cut around the edges of the revision cube.
5. Fold carefully the darker lines
6. Apply glue to the tabs
7. Assemble the net by carefully holding the tabs in place



# BRAIN INFOGRAPHICS

## Left brain

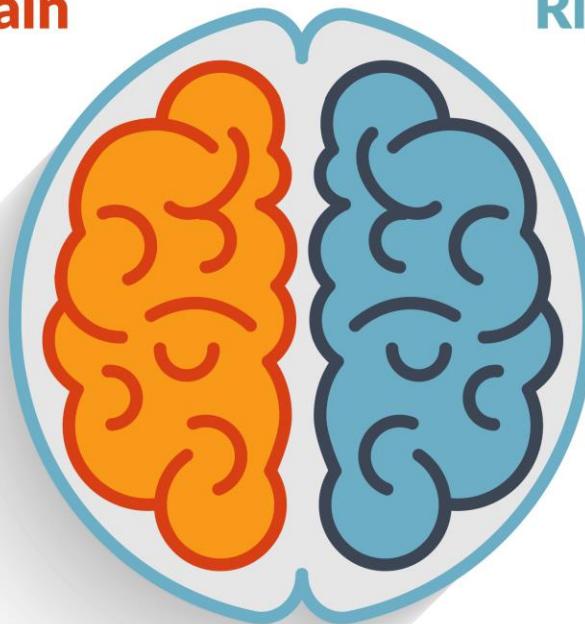
### Right side of body control

- Number skills
- Math/Scientific skills
- Written language
- Spoken language
- Objectivity
- Analytical
- Logic
- Reasoning

## Right brain

### Left side of body control

- 3D shapes
- Music/Art awareness
- Intuition
- Creativity
- Imagination
- Subjectivity
- Synthesizing
- Emotion
- Face recognition



PARIETAL	Intelligence, language, reading, sensation
FRONTAL	Behaviour, intelligence, memory, movement
OCCIPITAL	Lobe, vision
TEMPORAL	Behaviour, hearing, speech, vision, memory
CEREBELLUM	Balance, coordination
BRAIN STEM	Blood pressure, breathing, heartbeat, swallowing

## Amazing facts about the brain:

- 86 BILLION NEURONS
- 2% OF TOTAL WEIGHT
- 3-1000TB
- CONTAINS 60% FAT
- CONSUMES 20% OF ENERGY
- AVERAGE WEIGHT IS 1300 g

**"Try to be a rainbow in someone's cloud"**

*Maya Angelou*

**"Success is not final, failure is not fatal: it is the courage to continue that counts."** *Winston Churchill*

**"If I cannot do great things, I can do small things in a great way."**

*Martin Luther King Jr.*

**"One small positive thought can change your whole day"**

*Zig Ziglar*

## Managing Anxiety during the pandemic

Sometimes the information we receive every day is too much for us to process. When there is a little bit of fear mixed in with this then anxiety can be present.

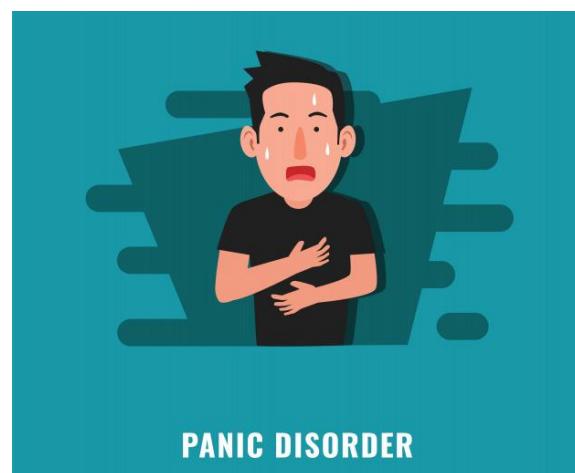
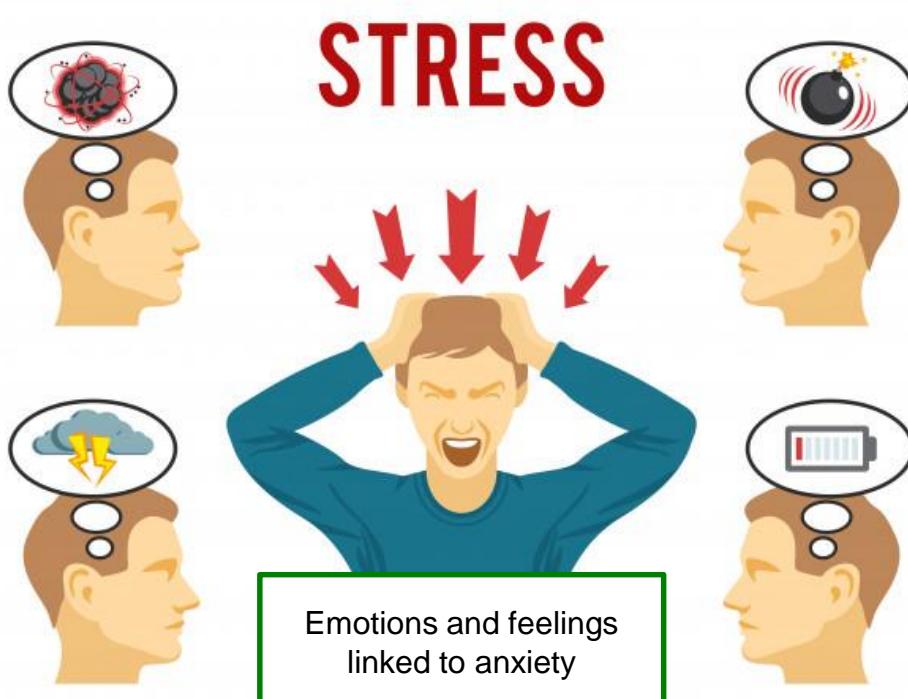
Anxiety is normal, everyone will experience some anxiety in their life as negative thoughts and circulating thoughts happen in our brains (especially when we are tired) It's like our default setting and it's evolutionary. It has developed out of a need for safety.

They are there because we needed this anxiety for survival when we were cavemen.

Anxiety kept us alert and safe from predators, we were constantly aware of our surroundings having eyes everywhere. So our brains were processing a lot of information as our senses were heightened and we had that little bit of fear inside us switching on our stress response so we could fight, flight or freeze.

### Did you know?

Sometimes the brain goes into overdrive with this response (excessive fear) and creates excess physical responses; increased heart rate, palpitations, sweating, stomach aches, constipation or loose stools – this is still anxiety, it is common and normal to happen occasionally but if it is constant then we need look at ways of coping with this.



### Did you know?

If at any time you don't feel great, you're worried about what's going on, or you just need to talk to someone, it's important you don't keep it inside.

Talk to your family, if you have any concerns about how you or someone else is feeling.

There are also lots of places you can get support online:

- ✓ [www.youngminds.org.uk](http://www.youngminds.org.uk)
- ✓ [www.childline.org.uk](http://www.childline.org.uk) or call 0800 1111
- ✓ [www.mind.org.uk](http://www.mind.org.uk)

Sometimes all it takes is for somebody else to listen.

**TALKING TO SOMEONE**

Talking to someone, a problem shared is a problem halved. Having a trusted person; an adult, a parent, a close relation, teacher, or doctor. Someone you trust will listen to you without judgment and will have your best interest in mind.



**UNDERSTAND YOUR EMOTIONS**

Understanding our emotions will help with anxiety and life! Sometimes it's hard to name our feelings or emotions but taking 5-10 minutes every day to ask ourselves 'how am I feeling today?' will give us the time we need to slow down and feel what's going on inside



**WRITING THINGS DOWN**

Writing can also REALLY help, start writing just anything. Sometimes we need to release other thoughts before we can find a name for what we are feeling. See what thoughts come to your head write them down. Use the emotional wheel to help you.



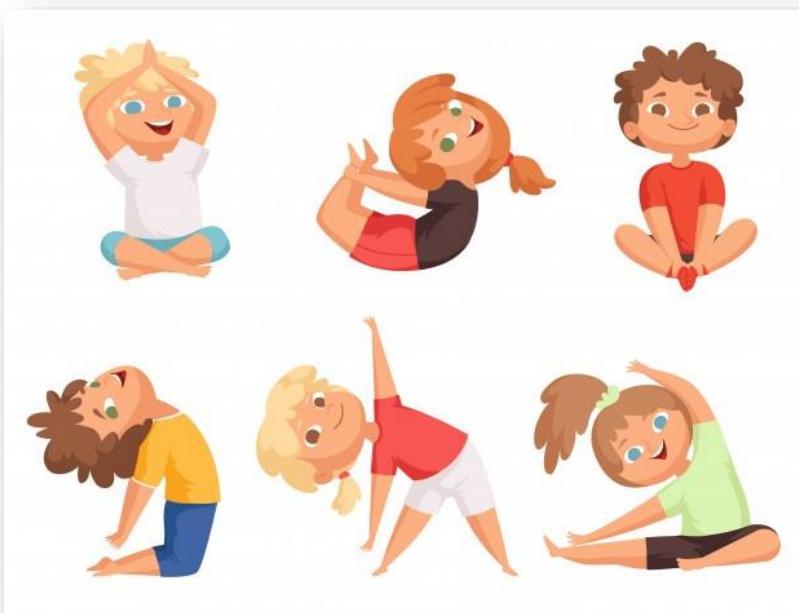


### WRITING A DIARY

Keeping a diary can help a lot, you can also track if you have a pattern. Maybe every week, month or year you have similar feelings and emotions. Or you can match your emotions to certain things you are doing in life, certain activities or people you are spending your time with. You could consider planning small timeframes where you allow yourself to worry, or use a form of expression (e.g. writing, art or talking) to let out these thoughts. Giving yourself a space to allow this can help contain worry so that it does not feel all-consuming all of the time.

### EXERCISE

Exercise helps to manage anxiety and releases some of the anxious energy in the body. YouTube has loads of workouts you can do at home, try the Body Coach, search for home workouts, home yoga or any home alternative to the exercise you enjoy! Follow the guidance from the government.



## Did you know?

### *The positive side of stress and anxiety*

*Without a little stress, fear or anxiety we may not be motivated to do something that would benefit us like studying/reading for our exams, training for that sports event or match, creating that project we have been assigned to, it's the same for adults!*

*Humans have a tendency to be complacent and we can get into routines that are very sedentary because that can make us feel safe. Sometimes we need to step outside of our comfort zones and explore the wide world and the opportunities available to us.*

*The new can seem fearful but it's just the brain trying to protect us from the unknown.*

*Everything was unknown before and look at how wonderful life is now!*

*This is not an exhaustive list but just some suggestions that may be helpful!  
Please keep up to date with government guidance and take care of yourselves.*



# 30 Day Wellbeing Challenge

<p><b>Day 1 –</b> Leave three happy notes for someone else to find in your house. <input type="checkbox"/></p>	<p><b>Day 2</b> Make a card for someone's birthday/celebration coming up <input type="checkbox"/></p>	<p><b>Day 3</b> Call a relative or friend who is far away and have a chat with them. <input type="checkbox"/></p>
<p><b>Day 4</b> Visit a virtual museum! Go online and explore the collections online. <input type="checkbox"/></p>	<p><b>Day 5</b> Get in contact with a local care home and arrange to send a letter to one of the residents. <input type="checkbox"/></p>	<p><b>Day 6</b> Go on YouTube and try searching 'People are Awesome' <input type="checkbox"/></p>
<p><b>Day 7</b> Do a chore in the house without being asked to do it. <input type="checkbox"/></p>	<p><b>Day 8</b> Send a positive text to ten of your friends. <input type="checkbox"/></p>	<p><b>Day 9</b> Listen to your favourite song and dance around the room. <input type="checkbox"/></p>
<p><b>Day 10</b> Think about two role models in your life. Why do they inspire you? <input type="checkbox"/></p>	<p><b>Day 11</b> Create a postcard for somewhere you have previously visited <input type="checkbox"/></p>	<p><b>Day 12</b> Play a card game or board game you haven't played in a while <input type="checkbox"/></p>
<p><b>Day 13</b> Write a blog about something you enjoy doing. <input type="checkbox"/></p>	<p><b>Day 14</b> Search on YouTube a "Tedx talks by kids" <input type="checkbox"/></p>	<p><b>Day 15</b> Watch a film with a family member and make sure you turn your phones off. <input type="checkbox"/></p>
<p><b>Day 16</b> Write down five things you are grateful for. <input type="checkbox"/></p>	<p><b>Day 17</b> Research three jobs / career paths that interest you. <input type="checkbox"/></p>	<p><b>Day 18</b> Download a mindfulness App (CALM) on your phone. <input type="checkbox"/></p>
<p><b>Day 19</b> Look at the last 20 photos on your phone and think about how they make you feel. <input type="checkbox"/></p>	<p><b>Day 20</b> Say something positive to everyone in your household today. <input type="checkbox"/></p>	<p><b>Day 21</b> Do something helpful for a friend or family member today. <input type="checkbox"/></p>
<p><b>Day 22</b> Stay off social media for &gt;3 hours straight and keep yourself occupied. <input type="checkbox"/></p>	<p><b>Day 23</b> Take a selfie and note down 5 things you like. <input type="checkbox"/></p>	<p><b>Day 24</b> Play a game that you haven't played in a while. <input type="checkbox"/></p>
<p><b>Day 25</b> Sit down in a silent room and focus on your breathing for 5 minutes. <input type="checkbox"/></p>	<p><b>Day 26</b> Email one of your teachers to say thank you for something <input type="checkbox"/></p>	<p><b>Day 27</b> Write down 5 things you are thankful for in your life. <input type="checkbox"/></p>
<p><b>Day 28</b> Make sure you get &gt;8 hours sleep tonight. Note how you feel the next day. <input type="checkbox"/></p>	<p><b>Day 29</b> Draw a picture of what you see in your garden or out of your window. <input type="checkbox"/></p>	<p><b>Day 30</b> Make breakfast for another family member <input type="checkbox"/></p>