The Smile challenge

See if you can do one of these challenges each day to make you smile. There is space at the bottom for you to write two challenges of your own too.

|  |  |
| --- | --- |
| Hearing a song that reminds you of your past |  |
| A bit of good news for a loved one/friend |  |
| Getting a thank you from someone |  |
| Doing something that makes someone else laugh/smile |  |
| Eating comfort food |  |
| Getting into bed with freshly washed sheets |  |
| Finding a ten pound note in an old pair of jeans |  |
| Looking back at old photographs |  |
| Seeing a funny video online |  |
| Getting a nice message from a loved one |  |
| Waking up on a sunny day |  |
| Sitting in the sun |  |
| Cuddles |  |
| Listening to your favourite song |  |
| Getting a quiet moment to myself |  |
|  |  |
|  |  |

Pass The Smile

