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.

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| 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 |  |
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Brainstorm a list of all the things that make you smile (food, tv shows, music, people, memories, places, toys, objects, clothes, weather, etc). Think about why they make you smile?

Things that make me smile.

Try and do one of these things this week if you can. If you can’t then make sure you think about them to make you smile