

High Five Friday

Give Activity

Kindness Challenge

We often think about how we can be kind to others and what effect our behaviour has on other people. Have you ever thought how you can be kind to yourself? Why not set a challenge of different ways we can be kind to ourselves?

Some suggestions could be...

Go for a walk and look at nature around you

Call a friend who you haven't spoken to in a while

Try a new recipe

Listen to your favourite music

Have a relaxing bath

Give a friend or member of your family a hug

Draw or paint