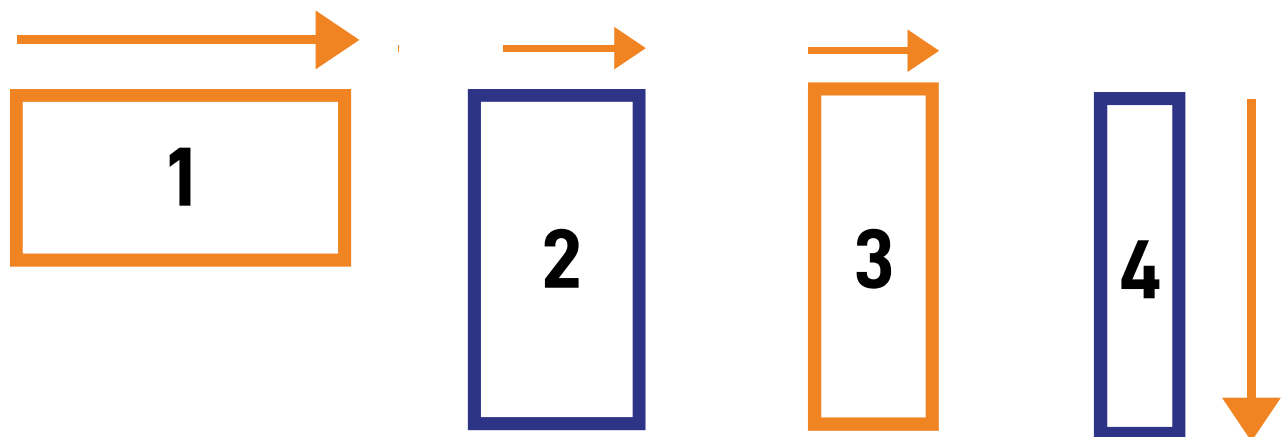


# Feel Good Prompts Activity

1. Get a piece of plain A4 paper, any colour as long as you can write on it.
2. Hold it landscape and fold the short sides together making sure you smooth down the crease.
3. Then fold it again along what are now the long sides.
4. Then fold it again, again along the long sides.
5. Then for the last time, (it's a bit harder now as it's thicker), fold it top to bottom.
6. Now unfold your piece of paper and there should be a series of boxes ready for you to write in.



Your piece of paper is ready now for you to write on your ideas for Feel Good activities. Some ideas are over the page but it's good to come up with some of your own. Once you have written them cut them out along the lines, fold them up, and put them in your Feel-Good container, an empty jar, box, tin or bag, or even a hat, whichever you want to use. (Decorating the container can also be part of the activity). Then you're all set. Pick out three at random each week, or one a day if you're feeling adventurous, and enjoy your Feel-Good activities.

N.B If you want to extend the activity you can involve the whole family. Then, to get everybody talking and enhancing those feel good vibes, see if anyone noticed what you did and share your experiences.

## Ideas for your Feel Good jar

Stand outside. Close your eyes and just listen for two minutes	Pay someone a compliment
Dance to your favourite song	Draw the view from your window
Think of your ideal place (real or imagined), what and who would be in it. Draw it.	Think of a happy memory and share it with someone
Write a card or letter to a friend	Make a piece of artwork using things from your garden
Go for a walk	Think of five things your are grateful for
Draw yourself as a superhero and annotate it with your strengths	Watch a funny video on YouTube
Design your perfect evening and arrange for it to happen	FaceTime with family or a friend
Do some form of exercise for 10 minutes	Watch your favourite movie