





KeyRing

... We're Life Changing



Here are some things you can do to help you feel good, put a tick against things you would like to do

	Activity	Tick
	Listen to your favourite music	
	Watch your favourite film or TV programme	
	Phone a friend to check they are okay	
	Write a letter to someone you haven't seen for a while	



Write a poem or a story



Paint or draw a picture



Bake a cake



Learn to knit or sew



Look at the clouds and watch the different shapes they make



Go for a walk and listen to the different sounds that are all around you

	<p>Join an online group to learn something new, have fun and make new friends</p>	
	<p>Sing or dance to your favourite song</p>	
	<p>Listen to relaxing music</p>	
	<p>Complete a jigsaw or play a game</p>	
	<p>Make a list of all the things you are proud of</p>	