



# Good Deed

for the day

ideas for children at home



Write a letter to an older person who may be feeling lonely or are by themselves.



Do a deep clean of your bedroom.



Help out in the garden or draw a picture of your favourite plant or flower to cheer someone up.



Write a story about being brave and overcoming difficult situations, then send it to a friend or loved one.



Make a card for a friend or an older person to brighten up their day.



Create a happy song to brighten up someone's day.



Help out in the kitchen and create a culinary masterpiece of your very own.



Make a present for someone you want to cheer up.



Create your very own super hero character and be super helpful all day long.

## Something for you to try

If you are feeling a little anxious about something and need to take a breath or time out you can try some simple star breathing.

Use your hand as the star shape and trace each finger as you breathe in and out slowly. Repeat as many times as you want until you feel those anxious feelings disappearing.

