

Create a 'quiet corner' for anyone feeling sad/stressed.

Plant some special flowers in the garden.

Make a list of things you love about your family.

Write a beautiful thankyou card for someone.

Record songs and rhymes for/with younger kids.

Write or paint an uplifting quote for the fridge.

Have a silly Youtube session with the whole family.

Let it go when someone bothers or annoys you, all day.

Make a bird feeder or bird house.

Do a dance or stretch session with your siblings.

Water all the plants and keep them happy.

Have a screen-free day and hang with family.

Help someone learn a new skill.

Pick some flowers and make a nice display.

Make a 'Happy Hits' playlist and share with friends.

Wash and clean out the car.

Make thoughtful art for each family member.

Write jokes on a mirror with non-permanent marker.

Surprise someone with a gift.

Share your stuff without complaining, all day.