

Advent 30 DAY WHAT'S UP CHALLENGE

30 THINGS TO HELP YOU FEEL GOOD OVER CHRISTMAS



Day 1 challenge

CREATE A PLAYLIST OF YOUR
FAVOURITE FEEL-GOOD
WINTER SONGS



Day 2 challenge

MAKE SOME EARTH-FRIENDLY
FESTIVE DECORATIONS USING
NATURAL OBJECTS

(USE TWIGS, HOLLY, BERRIES, PINECONES, ETC)



Day 3 challenge

DRAW A CHRISTMAS CARD TO SEND
TO YOUR LOCAL CARE HOME



Day 4 challenge

TALK TO SOMEONE ABOUT HOW YOU
FEEL ABOUT THE FESTIVE HOLIDAY!
ARE YOU HAPPY, WORRIED, STRESSED OR
EXCITED ABOUT THIS TIME OF YEAR?



Day 5 challenge

GET HYGGE

(GATHER BLANKETS AND SNACKS, DIM THE LIGHTS ETC)



Day 6 challenge

WRITE 3 THINGS YOU ARE
GRATEFUL FOR IN WINTER

(GETTING COSY, THICK JUMPERS, TIME TO REFLECT,
FESTIVE LIGHTS)



Day 7 challenge

WEAR A CHRISTMAS
JUMPER (OR A COLOURFUL JUMPER)
AND DONATE TO 'SAVE THE
CHILDREN' CHARITY



WEEK 1

THE
SOURCE

WWW.THESOURCE.ME.UK/WHATSUP

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Day 8 challenge

WATCH YOUR FAVOURITE
'FEEL-GOOD' WINTER MOVIE
"Home-alone, Frozen, Cool Runnings, etc"



Day 9 challenge

DONATE A GIFT OR
TOY THAT YOU NO LONGER
NEED TO CHARITY



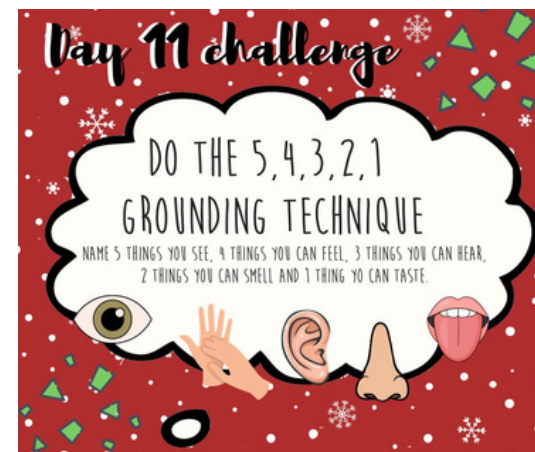
Day 10 challenge

BAKE SOME GINGERBREAD
(or some other food you like)



Day 11 challenge

DO THE 5,4,3,2,1
GROUNDING TECHNIQUE
NAME 5 THINGS YOU SEE, 4 THINGS YOU CAN FEEL, 3 THINGS YOU CAN HEAR,
2 THINGS YOU CAN SMELL AND 1 THING YOU CAN TASTE.



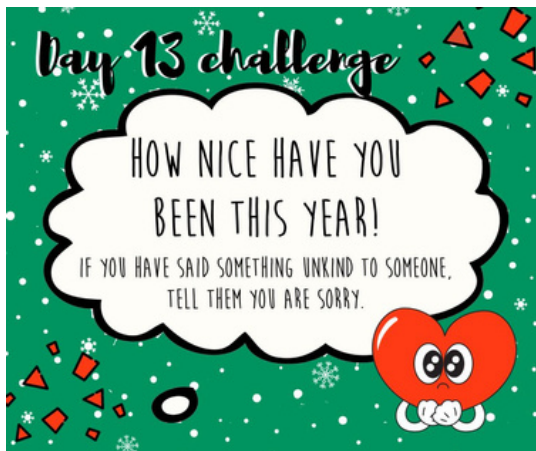
Day 12 challenge

MAKE SOMEONE SMILE WITH A
CHEESY CRACKER JOKE



Day 13 challenge

HOW NICE HAVE YOU
BEEN THIS YEAR!
IF YOU HAVE SAID SOMETHING UNKIND TO SOMEONE,
TELL THEM YOU ARE SORRY.



Day 14 challenge

MAKE A FRIENDSHIP PAPER-CHAIN
OR PAPER SNOWFLAKES



WEEK 2

THE
SOURCE

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Day 15 challenge

LEAVE A HAPPY NOTE FOR
SOMEONE TO FIND



Day 16 challenge

GO FOR A WALK TO SEE
CHRISTMAS LIGHTS



Day 17 challenge

GET CREATIVE!
CREATE A HOMEMADE
GIFT



Day 18 challenge

FIND OUT HOW MANY COUNTRIES
CELEBRATE CHRISTMAS
...ASK YOUR FRIENDS ABOUT WHAT HOLIDAY
TRADITIONS THEY CELEBRATE



Day 19 challenge

DON'T BE ALONE:
GET SUPPORT IF YOU NEED IT OVER
THE HOLIDAYS



Day 20 challenge

DO AN ACT OF KINDNESS
FOR SOMEONE



Day 21 challenge

DONATE SOMETHING
TO YOUR LOCAL FOOD BANK



Day 22 challenge

SING OUT LOUD
GO CAROLLING OR SING ALONG TO YOUR
FAVOURITE WINTER SONGS



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Day 23 challenge

TAKE TIME FOR SOME SELF-CARE...

HAVE A WARM BATH OR SHOWER,
PUT ON YOUR COSIEST PJS, AND
GET A GOOD NIGHT'S SLEEP



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Day 24 challenge

LIGHT A CANDLE IN MEMORY
OF SOMEONE WHO CAN'T BE
WITH YOU



Day 25 challenge

CUDDLE SOMETHING
(A PET, PILLOW, TOY, PERSON)



Day 26 challenge

AVOID SOCIAL MEDIA FOR
24 HOURS



Day 27 challenge

PLAY A (BOARD) GAME
TOGETHER WITH A FRIEND OR
FAMILY



Day 28 challenge

TRY MAKING SOUP
FIND A WARMING SOUP RECIPE



Day 29 challenge

GET TOGETHER WITH FRIENDS AND WRITE
DOWN YOUR WISHES FOR THE FUTURE
(THINGS YOU WOULD LIKE TO DO OR FUNNY FANTASY WISHES
- LIKE MARRYING A POP IDOL!)



Day 30 challenge

PROMISE YOURSELF ONE THING
THAT YOU WILL DO
DIFFERENTLY IN THE NEW YEAR.

