

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

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



Day 7 challenge

MAKE SOMEONE SMILE WITH A
CHEESY CRACKER JOKE



WEEK 1

THE
SOURCE

WWW.THESOURCE.ME.UK/WHATSUP