

Advent 30 DAY WHAT'S UP CHALLENGE

30 THINGS TO HELP YOU FEEL GOOD OVER CHRISTMAS



Day 8 challenge

WATCH YOUR FAVOURITE
'FEEL-GOOD' WINTER MOVIE

"Home-alone, Frozen, Cool Runnings, etc"



Day 9 challenge

WRITE 3 THINGS YOU ARE
GRATEFUL FOR IN WINTER

(BEING COSY AND WARM, CHOCOLATE,
MY FRIENDS, MY CAT!)



Day 10 challenge

BAKE SOME GINGERBREAD

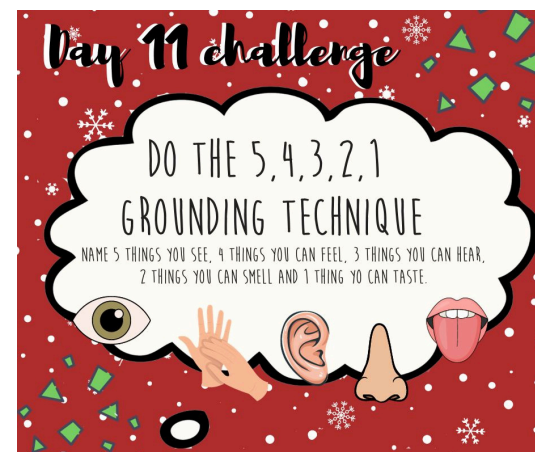
(or some other food you like)



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

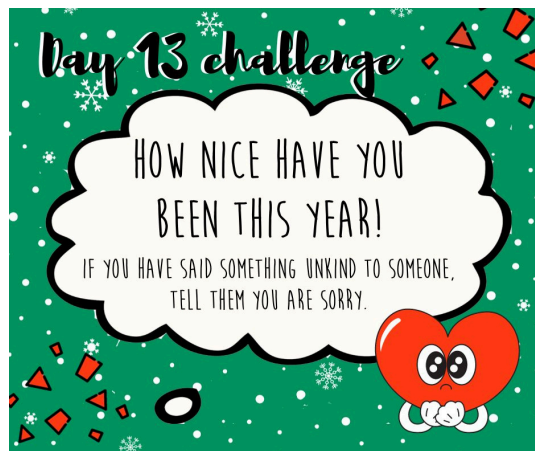
WEAR A CHRISTMAS
JUMPER OR A COLOURFUL JUMPER
AND MAKE A DONATION TO 'SAVE THE CHILDREN'
CHARITY FOR CHRISTMAS JUMPER DAY



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

WWW.THESOURCE.ME.UK/WHATSUP