

# Advent 30 DAY WHAT'S UP CHALLENGE

30 THINGS TO HELP YOU FEEL GOOD OVER CHRISTMAS



## 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

