

30 WAYS TO HAVE GRATITUDE AND POSITIVITY WITH THE KIDS

30 actions to take to help keep you and your loved ones positive during these tricky times! Work through them by ticking them off as you go, and keep positive!

- 1 Make a plan of who you and the kids want to speak to and how you will keep in touch. ✓
- 2 Start a gratitude journal morning and night. Write three things you feel grateful for and why with the kids.
- 3 Plan your weekly food to eat healthy and support your immune system. **Contact me** for my essential supplements.
- 4 Do three acts of kindness to help someone however big or small.
- 5 Only watch the news once a day and limit your social media and post positive posts that give value.
- 6 Think of something you loved to make as a kid and make it with yours, however big or small they are.
- 7 Make time for self-care. Get up and dressed to impress as a family.
- 8 Immerse yourself in a new book or podcast. **Contact me** for my FREE CD.
- 9 Look for the good in others and compliment them on their strengths.
- 10 Write a day in your life a year from now and get the kids to do the same.
- 11 Get in the habit of no technology an hour before bed and for first hour in the morning.
- 12 Have a tech free day for all in the household.
- 13 Go for a walk and take a photo of five things in nature you're grateful for.
- 14 Take 5 minutes to shut your eyes and visualise your perfect day. Repeat daily.
- 15 Start a family dream board. **Contact me** for my FREE "How to guide."
- 16 Every time you wash your hands think of 10 reasons why you are grateful for them.
- 17 Introduce your children to your favourite album from your teens.
- 18 Play a game that you enjoyed when you were younger with your children.
- 19 Teach your children to cook your favourite meal.
- 20 Find a fun way to do an extra 15 minutes exercise as a family.
- 21 Contact a neighbour or friend and offer to help them.
- 22 Make a list of your top 10 family days out that you will tick off.
- 23 Send a letter or email to someone you can't be with attaching a photo to make them smile.
- 24 Contact three people and tell them why you are grateful for them.
- 25 Help your children sort their toys and find some to give to a new home.
- 26 Do a live video of you all dancing like nobody is watching.
- 27 Spend some time reading your gratitude journal.
- 28 Get dressed in your favourite outfits and have a night out (although its probably in!)
- 29 Take time to write 5 things that you have learnt over the past month.
- 30 **Contact me** and let me know which activities you enjoyed the most to be in with the chance of winning £100 of skincare.



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