Here are some activities I thought you might enjoy. The activities are optional, so feel free to complete any of these tasks, if you wish.

\* Draw a rainbow and hang it in your window.

\* Create a Gratitude Jar. Decorate an empty jar. Every day, write down something that you are grateful for and drop it into the jar.

\* Call someone who is on their own and have a chat.

\* Draw a picture for a neighbour.

\* Call a relative and ask them something about their life that you do not know about. Write a story about what you find out.

\* Do some gardening and create a bug hotel.

\* Donate to the Foodbank.

\* Offer to help around the house.

\* If you have siblings, share a game with them.