



# Do Something December!



1. Have some quiet time today!

2. Start your day by telling yourself something kind

3. Make a monthly to do list today

4. Give someone a compliment today

5. Exercise today!

6. Get outside today for a walk!

7. Cook something nice today!

8. Draw a picture today!



9. Take time to read today

10. Think about your favourite memory

11. Tidy your room or space today!

12. Write down a positive comment about yourself

13. Give someone a hug!

14. Start today with a smile!

15. Think of a time you have felt proud!

16. Try to drink lots of water today!

17. Look for something positive today.

18. Get outdoors today!

19. Have some fun with friends today.

20. Watch your favourite movie today.

21. Chat with someone you love today.

22. Make someone laugh today

23. Do something creative today.

24. Listen to your favourite music.

25. Spend time with your family today.

26. Relax today and take some deep breaths

27. Bake something today.

28. Dress in your favourite clothes today

29. Do your favourite activity today!

30. Reflect on your favourite 2024 memory

31. Write a list of three things you wish to do in 2025!

