



THE **HOW** PEOPLE

HAPPINESS | OPPORTUNITIES | WELLBEING

'PICK & MIX' CHRISTMAS COUNTDOWN

PICK ANYTHING ON ANY DAY, AND TICK THEM OFF ONE BY ONE

- PLAY YOUR FAVOURITE SONG REALLY LOUDLY
- SEND SOMEONE AN ACTUAL LETTER
- SMILE AT AS MANY PEOPLE AS POSSIBLE
- GIVE SOMEONE IN YOUR FAMILY BUBBLE A PROPER HUG
- LOVE YOUR WORLD. DO A LITTER PICK
- GIVE SOMEONE A COMPLIMENT
- MAKE SOME MINCED PIES
- DO SOMETHING THAT MAKES YOU GIGGLE
- TELL SOMEONE HOW MUCH YOU APPRECIATE THEM

- SPEND ALL DAY IN YOUR PYJAMAS
- HAVE A SCREEN FREE DAY
- DONATE TO A FOOD BANK
- HAVE A FIRE AND MARSHMALLOWS
- SEND A MESSAGE TO SOMEONE YOU ADMIRE WISHING THEM A HAPPY CHRISTMAS
- SHARE A HAPPY MEMORY WITH SOMEONE
- EMPTY THE DISHWASHER OR DO SOMETHING HELPFUL AROUND THE HOUSE (WITHOUT BEING ASKED!)

- WRITE A POSITIVE POST IT NOTE ABOUT YOURSELF
- RING A FRIEND YOU HAVEN'T SPOKEN TO FOR AGES
- GO OUT FOR AN EVENING ADVENTURE WITH HOT CHOCOLATE AND LOOK AT THE STARS
- BAKE OR MAKE A MEAL FOR SOMEONE ON THEIR OWN
- HAVE A KITCHEN DISCO
- WRITE POSITIVE POST IT NOTE ABOUT SOMEONE ELSE AND GIVE IT TO THEM
- START A GRATITUDE JAR
- HAVE A BACKWARDS DAY - DINNER FOR BREAKFAST, AND BREAKFAST FOR DINNER!