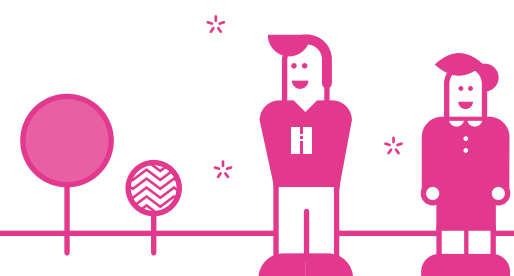


Welljoy Plan



Simple things can help to spread happiness. On the next page we've provided some suggestions to tick off as you go!

Why not write about, draw or stick items from your activities here?



Cook a new recipe

▲▲▲▲



Fix something

●●●●



Make a daisy chain

◆◆◆◆



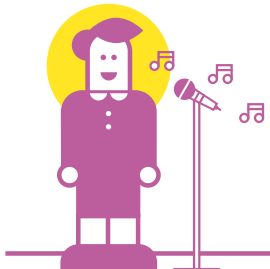
Go for a walk in a green space

◡◡◡◡



Volunteer your time

●●●●



Sing a song

▲▲▲▲



Do some star jumps

◆◆◆◆



Give a compliment

◡◡◡◡



Go for a picnic in the park

●●●●



Bake a cake

▲▲▲▲



Have a relaxing bath

▲▲▲▲



Give someone a hug

●●●●



Do a good deed

◡◡◡◡



Read a book

▲▲▲▲



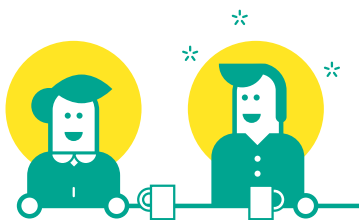
Admire the scenery

●●●●



Visit an art gallery

●●●●



Meet a friend for a cuppa

◡◡◡◡



Fly a kite in the park

◆◆◆◆



Visit a museum

●●●●



Send a message to a loved one

◡◡◡◡



Be there for someone

●●●●



Eat together with family or friends

▲▲▲▲



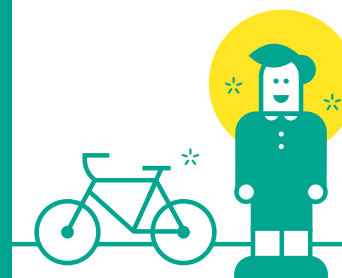
Go for a stroll

●●●●



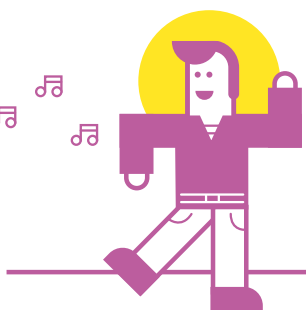
Ride a bike

◆◆◆◆



Do a spot of gardening

◡◡◡◡



Dance to your favourite tune

◆◆◆◆



Paint a picture

▲▲▲▲



Tell a funny joke

◆◆◆◆



Share a happy memory

◡◡◡◡



Tell someone you love them

●●●●

