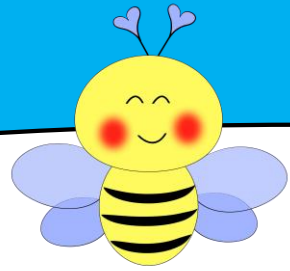
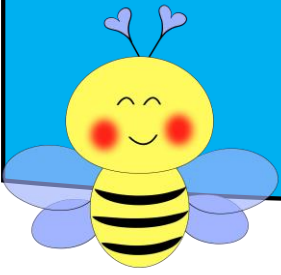


# ELSA Support Summer challenge



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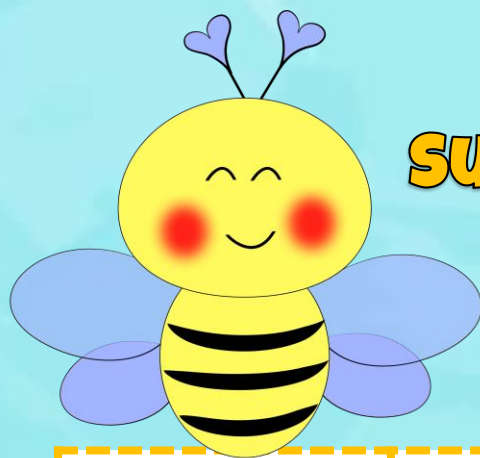
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# ELSA SUPPORT

## SUMMER HAPPINESS

### CHALLENGE

## 2019



20 minutes of exercise every day!	Connect with someone – meet a friend, visit a relative	Help someone	Learn something new every day
Make a list of all the feelings you have had on one day of the holiday	Do some mindfulness colouring sheets	Make a list of all the things you are thankful for	Plant something and watch it grow day by day
Make something out of junk materials	Make a relaxing 'den' for yourself	Photograph something that makes you feel happy	Walk in the rain and splash in puddles
Set a goal for yourself and see if you can achieve it	Write a list of all the things you are proud of	Make a healthy fruit salad or a healthy meal	Go on a bug hunt and see if you can draw what you find. Look don't touch!
	Give someone a compliment	Send a card or letter to someone	Invite someone to play with you





# CERTIFICATE OF ACHIEVEMENT

**Congratulations to \_\_\_\_\_  
for  
completing the...**



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# CERTIFICATE OF ACHIEVEMENT

**Congratulations to \_\_\_\_\_  
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