

# Things to do to make us feel better



- Go out in the sunshine
- Get some exercise
- Talk to family and friends
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- Try video calling people you know
- Play your favourite sport
- Do some painting or art
- Play video games
- Play your musical instruments
- Try cooking or baking
- Go for a walk or a run
- Being close to nature – the beach, the woods, grassland
- Writing a journal
- Take photographs of something you like - nature, animals