

The Yogi Group

New Year Wellness Challenge

How many can you do?

Start your day with an affirmation	Walk a mile with a smile	Find a poem you like	Look out of your window for 5 minutes. What do you see?	Learn something new	Draw your favourite animal	Take a picture that makes you smile
Say something nice	Write down 5 things you like about yourself	Plant some bulbs	Have a kitchen disco	Eat your favourite food	Do an art project with someone you love	Take a bubbly bath
Clean your bedroom	Go to the park	Wear pyjamas all day	Listen to calm music	Make a joke book	Do something nice	Make a poster of things you are proud of
Look at the stars	Have a game night	Eat really healthy for a day	Make a rainbow	Make up a dance and teach someone at home	Make an A-Z of things that make you happy	Learn 5 yoga poses
Take a screen break	Drink water	Make your own board game	Write a letter or record a video to your future self	Learn the words to your favourite song	Make a list of things you want to do	Try 5 big belly breaths

