

101 ways to feel good

1. Write a list
2. Go swimming
3. Have a chat with someone
4. Write a short story
5. Listen to music and tidy your room
6. Read an interesting article on BuzzFeed
7. Compliment someone else
8. Sing your favourite song
9. See your friends
10. Watch a YouTube video
11. Think about somewhere you've always wanted to go on holiday
12. Go for a run
13. Visit your favourite place
14. Tell someone a funny joke
15. Doodle
16. Go out for a curry
17. Play a video game
18. Listen to music
19. Learn a new language
20. Do a spot of retail therapy
21. Give someone a hug
22. Look through old photos
23. Go to the cinema
24. Have a nap
25. Watch your favourite film
26. Paint your nails
27. Eat your favourite food
28. Smile and laugh
29. Dance
30. Think of one thing you want to achieve in the next week
31. Go for a walk
32. Play with your pet
33. Go bowling
34. Make something
35. Colour in a picture
36. Sit outside in the sun
37. Read a book
38. Visit a theme park
39. Have a party
40. Meditate

41. Think about some funny memories
42. Spend time with people who make you laugh
43. Play a musical instrument
44. Go geocaching
45. Climb a tree (safely)
46. Learn a coding language
47. Watch a cartoon
48. Learn 10 weird facts
49. Go and see your favourite team play a sport
50. Cook yourself a meal
51. Give your friend a blindfolded make over
52. Write a poem
53. Read the news
54. Try a new hairdo
55. Order a pizza
56. Put on a facemask
57. Create a boomerang
58. Do something that makes a difference
59. Do a quiz
60. Bake some brownies (unless you're allergic!)
61. Play a board game
62. Go on a bus and watch the world go by
63. Give someone an unexpected gift
64. Watch the sunrise/sunset
65. Start a scrapbook
66. Do something you haven't done for years
67. Wear your favourite outfit
68. Go on a picnic
69. Feed the ducks
70. Help somebody else
71. Stretch your body
72. Do a sudoku
73. Make people laugh
74. Take a photo expressing how you feel
75. Call someone you haven't spoken to for a while and have a catch up
76. Go to the park
77. Watch a funny animal video
78. Build a den
79. Run around in the rain
80. Sit in the middle of town and people watch
81. Make a daisy chain
82. Create a mood board
83. Drink your favourite drink
84. Do a treasure trail

85. Make a mud pie
86. Pick your own fruit and eat it
87. Dam a stream
88. Visit a local Pets at Home/ Petting Zoo
89. Go ice skating/roller-skating
90. Go for a bike ride
91. Write a list of things you're good at
92. Put up some fairy lights
93. Create a playlist of your favourite music
94. Sign up for a charity event
95. Join a new club
96. Give something away
97. Learn how to play chess
98. Play a card game
99. Drink some water
100. Play a practical joke on someone
101. Have a conversation with someone you wouldn't normally talk to