# Storytime™ A JAR OF JOY

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| Read your favourite book again! | Try a food you've never eaten! |
| Cuddle your teddy or other toy! | Have a bubble bath! |
| Go for a walk in the park! | Watch birds from your window! |
| Write about your day in your diary! | Give someone you love a hug! |
| Offer to help someone with a job! | Eat a delicious fruit – slowly! |
| Bake some biscuits! | Play a tune and dance around! |
| Ask a grown-up about their day! | Call someone you don't see often! |
| Look at old photos! | Read a story in bed! |
| Try a new activity or sport! | Climb a tree! |
| Close your eyes and breathe! | Admire a sunset (or a sunrise)! |
| Smile for at least a minute! | Read together with a friend! |
| Whistle a catchy tune! | Tell a joke and laugh out loud! |
| Find a pretty flower and smell it! | Pick up a new book at your library! |

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| Read a poem out loud! | Write a thank-you note! |
| Donate some toys to charity! | Play a board game with a friend! |
| Tidy up your room! | Get your crayons out and draw! |
| Daydream! | Ride your bike or scooter outside! |
| Join a local project as a volunteer! | Sit under a tree and enjoy the shade! |
| Do a craft project! | Put on your favourite clothes! |
| Go for a stroll in your neighbourhood! | Give someone a compliment! |
| Research a subject you like! | Share a chocolate bar with a friend! |
| Stick a nice quote to your mirror! | Watch a movie (with popcorn)! |
| Go to the theate or the cinema! | Make a list of happy memories! |
| Have a lie-in on the weekend! | Make funny shaped pancakes! |
| Go on a nature treasure hunt. | Learn about something new! |
| Play in a playground! | Write down your dreams! |

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