



## 20 DAYS – 20 THINGS –FOR 20 MINUTES IN THE 2020 LOCKDOWN

DAY 1

Phone a friend  
you've missed

Day 2  
list people you  
love

Day 4

Cook a meal

Day 3  
Watch your  
favourite  
programme

Day 5  
Write a  
story

Day 6  
20 minutes  
exercise

Day 7

Look up at the  
sky outside

Day 8  
Do some  
artwork

DAY 9

Listen to music  
you've loved

Day 10  
Make a photo  
collage

Day 11  
Design a poster  
that represents

DAY 12

Write a poem

Day 13  
Draw a self  
portrait

Day 14  
20 minutes  
mindfulness  
video from you  
tube

Day 15  
Spend 20 minutes  
doing a good deed  
for someone

Day 16  
Read a  
favourite book  
or magazine

Day 17

Watch a favourite  
film

Day 18  
Do something  
you have been  
putting off

Day 19  
Print out a mandala  
pattern and colour it  
in

DAY 20

Pick your favourite  
activity and do it  
again.