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 YouTube

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.