## Things to do to make you smile...

Grow something – find a seed from a fruit you have eaten and see if it grows!	Collect natural things from your garden and make a collage.	Learn something new: a game, a rhyme, a recipe, a trick, a joke, a song, a danceanything!
Use an old sock to make a sock puppet.	Write a list of things that make you happy and that you are grateful for.	Make up a song: use a rhythm (crochets = one beat, quavers = half a beat)
Go outside and make a mud pie!  You could even write a recipe for how to make these muddy delights!	Use a huge piece of paper and get doodling! Keep on adding to it to make an epic doodle:	Make and write a postcard to send to someone who may be feeling lonely: Mrs Murgatroyd has all the Postcards of Kindness addresses if you need one ©
Play a board game or a card game you haven't played before or for a while.	Make a treasure hunt for your family – leave clues and make some treasure for the final clue!	Find a rainbow: Could you find something of every colour in the rainbow in your garden or around your house?