Draw a picture of a place that you like to go which makes you feel happy. Could you write something about your special place?

Design your own football kit and create your own fantasy football team.

COSMIC KIDS!

Visit 'Cosmic Kids' on Youtube and complete one of their mindfulness sessions.

How To Draw Joy From Inside Out

1,359,853 views • 7 Jul 2015

Art for Kids Hub
3.9M subscribers

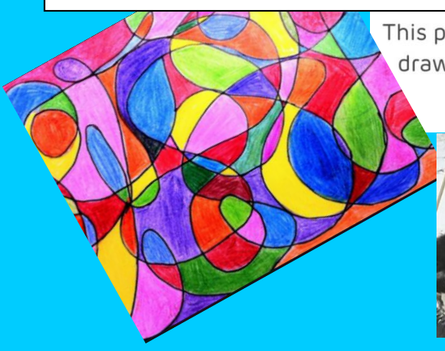
Head over to 'Art for Kids Hub' on Youtube and have a go at drawing the character of Joy from Disney Pixar's 'Inside Out' film. Then come up with a list of things which make you feel joyful.

Cook or bake something you have never made before.

Take a walk.

Name 5 things you can see, 4 that you can hear, 3 touch, 2 smell and 1 that you can taste.

Listen to your favourite song and take your pencil for a walk on the page. Colour in each section to create your own Paul Klee style art piece.



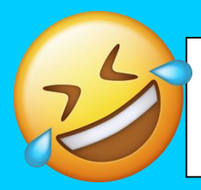
This pattern was made by drawing around a mug!

Visit the 'Happy News' section of the Newsround website.

Complete a craft. Why not try some origami, paint a plant pot or make a musical instrument?

Write a letter or draw a picture for someone who is special to you or that you miss. Let them know that you're thinking of them.

Draw around your own hand. On each finger, write something that you like about yourself.



Write a list of your funniest jokes. Perform these jokes to the rest of your family in a comedy evening.