



Health and Wellbeing Daily Happiness Photo Challenge 2021!



As you will all know, unfortunately we are back in another lockdown at the moment. This is not the way any of us wanted to begin 2021! Hopefully we are all able to get back to school safely as soon as possible.

Staying at home can be tough at times and it is important that we all look after ourselves and our mental health. One of the things that cheers me up when I'm sad or feeling down is to look at photographs. That is what gave me the idea for the "Daily Happiness Photo Challenge!". Your challenge is to take one photo every day of something that makes you feel happy.

These photos could be anything, some examples are- scenery when you are out on a walk, wildlife in your garden, a family member, a delicious cake you have baked, a Lego model that you have built or your pet looking cute.

You might also want to ask a family member to take some photos of you doing things that you love.

There is no right or wrong in this challenge- as long as the photos you take make you smile then they are perfect!

I am challenging you to do this every day for 30 days! You might want to set yourself an even bigger challenge and keep it going all through 2021!

Use your photography skills and try to take high quality photos.

Please post some of your "Daily Happiness Photos" on the blog- we would all love to see them.

Have fun, enjoy your challenge and remember your staff team are always here to talk if you need us! ☺

