

A Jar of Things to Look Forward to

use different colour slips of paper: maybe one colour for things you can look forward to at the moment and another for things to look forward to when our restrictions ease further. Or it could be 'things for the weekend' and 'things for the summer holiday'. Each day, you could add 'something to look forward to' to the jar. Try and make sure you have a balance of things for now and things for a bit further in the future. Maybe you could add ideas of fun activities for the