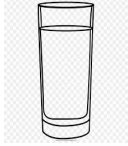

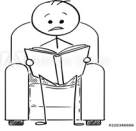




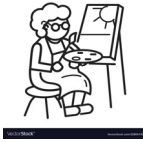





<p>Spot 4 different types of bird outside your window</p> 	<p>Have 2 full glasses of water or juice</p> 	<p>Do 10 minutes of light exercise in your chair</p> 	<p>Read a newspaper, Book or Magazine with someone</p> 
<p>Tell someone a story about something you remember</p> 	<p>Wave to someone</p> 	<p>Take your morning medication</p> 	<p>Clean your teeth</p> 
<p>Have a nice cup of Tea or Coffee with a biscuit or cake</p> 	<p>Get someone to tell you 2 things they love about you</p> 	<p>Do a craft, colour in, knit, paint</p> 	<p>Chat to someone on the phone</p> 
<p>Have a nap</p> 	<p>Watch some TV</p> 	<p>Sing at least 5 songs</p> 	<p>Listen to some music</p> 
<p>Plan something to do tomorrow</p>	<p>Look at some photos</p>	<p>Say OO Err Mrs, out loud 3 times</p>	<p>Wash your hands 4 times today</p>

Start at the beginning of the day with morning medication and keep it fun