

THE GIFT OF TIME

Create a playlist	Send someone a card	Make a Photobook	Draw a picture
Plan trip, ready for when you can take it.	Try a new recipe	Listen to your favourite song	Do a meditation
Play a board game	Watch a Ted Talk for Teens	Read a book	Try a free fitness class on You Tube
Keep a Journal	Do a mindful colouring exercise	Try out a new craft	Watch your favourite movie

THE GIFT OF TIME