



Creative craft idea

Take any sheet of paper (or notepad) and divide it into small squares (around 3cm x 3cm).

Within each square make a small drawing for each day to create a visual diary of your week, month or year. If you are setting yourself wellbeing goals to work towards, you can focus your drawings on your goals. For example, something you saw when you were out for a walk or a picture of all the healthy food you ate for tea.

Fill your pages with drawings of your world, for as long as it's fun. The more you draw, the easier it will become! Get creative!

