

# REWARDING WEEKENDS

## How can I reward myself this weekend

Take time for yourself to do nothing

Phone or Skype a friend

Take a flask of coffee out and meet someone

Have a long bath

Read a book

Take a nap

Watch a film

Listen to music

Go to a free museum or art gallery (avoid the gift shop!)

Find some wildlife to watch

Take your imagination on a cloud journey and build castles with it

Learn something new and random: YouTube is good for instructional videos

Take time to doodle for no reason

Use up something you have been saving for a special occasion

Wear something you feel great in for no reason

Try some adult colouring-in sheets, you can just use a pencil or pen

Stay in bed, or at least a pj day

Take a trip to the library and find an interesting non-fiction book