

The Perfect Day

Activity Outcomes

- To create a menu for the perfect day. Thinking positively about the things that make us happy can help us to think more clearly about how to make positive changes in our lives and helps us to realise that things aren't always as bad as they seem.

Setting Up

What you will need:

- Paper
- A pen or pencil for writing

Activity Guide

Activity – Time Capsule

1. Think about the 'perfect day', what would it involve?
2. Plan out your starter – this is how the day begins, what happens? Who is there with you?
3. Next plan out the main course – what do you do during the perfect day? Do you go somewhere special? Do you eat something wonderful?
4. Finally, plan out your dessert – this is how your day ends. What would be the perfect end to the perfect day?
5. You can decorate your menu and share your ideas with your family

Further Support and Ideas

- For more ideas and to share your thoughts and creations, visit <http://www.thechildrensvoice.net/>
- Don't forget to share your creations and ideas by using #NCDUK

