

**20 Small Steps
Toward Positive
Living & Enhancing
Relationships**

Although none of the tasks are dangerous in themselves, it is essential that parents/carers liaise with their children before and during the tasks identified in this booklet. Some involve liaison with other children and adults, whilst others may involve tasks beyond the home, thus an adult overseer is vital.

- Speak to 3 children you don't usually speak to. Get to know them a little better.

- Put on a friendly face today, try to smile to at least 5 different children.

- Offer to help mum, dad or your carer with something that you don't usually help with.

- Tell 3 jokes/funny stories to other children. Practise them first, especially the punch line. Did your joke/tales get better?

- Say 'please' and 'thank you' every time it is appropriate.

- Make a real effort to listen more than you speak today. Ask lots of questions. Be really interested in what others say. What have you learnt?

- Give up television, computer games for the day. Decide on an activity to do instead.

- Phone up a relative who you don't usually phone – tell them what you have been up to.

- Write a thank you note to someone who has helped you in the past.

- Make something simple for a friend, or someone special in your life (e.g. a card).

- Pick up litter and tidy up a particular area of your home/garden/neighbourhood.

- Ask someone who knows you about your personal qualities and also an area where you could improve. Think how you could improve in this area.

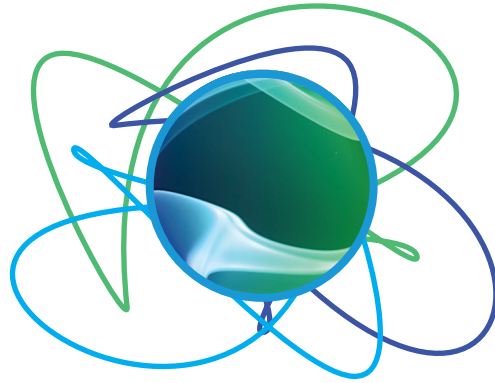
- Try to give up, or cut down on a bad/unhelpful habit. Draw up an action plan.

- Read a book (or part of) about a subject you know little about. What have you learnt?

- Think about a new skill you could learn, e.g. drawing, juggling, playing a musical instrument and decide on an action plan.

- Look for insects/bugs and observe how they move. Don't touch them!
Count how many different kinds you find.

- Observe trees/birds/animals in a new way. Make one or two sketches of what you see.



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