



How to...



Feel positive, take action

Boost your mood and have fun with these feel-good activities.



The International Day of Hope, on 12 July, was started by the United Nations (UN), an organisation of 193 countries that work together on the challenges that face humanity. It was felt that global communities, some of which are affected by conflict, natural disasters or other challenges, needed a day to celebrate hope, turning optimism into action. Here are just a few ways that everyone can bring hope into their lives, every single day.



Compile a positive playlist

Scientists have found that listening to music can activate parts of the brain that make you feel good. Ask an adult to help you create a playlist of songs that make you feel happy. They could be songs that remind you of friends or family, or of a good time you had, like a holiday or a birthday party. Then whenever you need a boost, you can listen to your favourite tunes. Even better, make it a group effort and put together a special family playlist.

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Get planting

Gardening is a great way to boost positivity. Just being outdoors and immersed in nature is recommended for people who want to improve their mood or reduce feelings of stress or negativity. Planting something like a seed and watching it grow into a flower or vegetable shows how hard work can lead to positive results. Great things to sow in July include fast-growing herbs like parsley or tasty salad leaves.



Make a hope jar

This is fun to create and will give you lots of reasons to feel positive. All you need is a glass or plastic jar, some strips of paper – colourful works best – and a pen. On each slip of paper you can write reasons to be hopeful. Then, if you're ever feeling gloomy, you can pull one out, unfold it and read it to make yourself feel better. It could be your dreams for the future, lovely memories, a joke or any other reasons you can think of to be hopeful.

Take action or volunteer

Doing nice things for other people has benefits for you as well. Lots of studies show that volunteering can make people feel connected to their community and give them a sense of purpose, which contributes to feeling hopeful. Ask an adult to help you find opportunities in your area. It could be helping to paint a community centre, joining a beach clean or donating to a food bank – which helps people who are struggling to afford their groceries.

