



Daily Checklist & Tips
to keep our Head, Heart & Hands (Body)

UNITED, CONNECTED,
HEALTHY & HAPPY!

Here is a list of 10 tips that can help us all in times like these. Each one of us can use this as our 'Daily Checklist' to make sure we are doing as many, or even better, ALL of these suggested 10 tips to keep us united, connected, healthy & happy!



At least 30 mins of daily **physical exercise** to keep your body healthy and fit. If you have a garden, great! If not, you can do it indoors as well. Anything ranging from sport, running, walking, yoga, etc.

2



Make sure you give your body enough **sleep & rest** by respecting your sleeping hours and not getting too carried away with technology such as TVs, phones, tablets, computers, etc.



Make sure you participate in the **Online Distance Learning Classes** offered by your school so you can interact with your teachers and classmates to keep learning and nourishing your mind; also, at the same time, to be connected with your closest school community members.



Help your family at home with small tasks such as setting the table, cleaning up, making your own bed, etc.

5



Do a fun activity with your family members that makes you all laugh and smile together in the spirit of UNITY!



Dedicate time to yourself doing something you truly enjoy; it could be one of your hobbies and/or passions such as drawing, painting, singing, dancing, playing an instrument, playing a game, etc.



Call and speak to at least 1 family member and 1 friend every day to see how they are, to let them know that you care for them and to enjoy a nice pleasant chat. You can call different people on different days.



THANK
YOU!

Remember to **Express Your Gratitude,** that's the **Best Attitude!** by thanking your family, teachers and friends for everything they do for you. This can be done through **kind words & actions.**



Participate in daily clapping along with your family members, joining everyone in thanking and expressing our gratitude to all the **doctors, nurses & staff** working so lovingly in hospitals for all of us in these challenging times. It brings a great sense of unity to know people around the whole country are clapping at the same time! (In Spain at 20:00 C.E.T.) Also remember those people who are working hard to provide us with **basic needs such as food, medicines, etc.**

10



Dedicate at least 5 minutes a day to think about and visualise the whole world including every living being (humans, animals, insects & nature) and **send your love** to them. Send positive energy and good thoughts to contribute to the **happiness and welfare of all**, especially those who are suffering. We are all **ONE big family** living on Planet Earth! Remember, our thoughts are vibrations and indeed a powerful source of transformation!

So how many of these tips were
you able to follow today to keep...

UNITED, CONNECTED,
HEALTHY & HAPPY?

Hopefully you could place a  on all 10 points! 
Let's keep bringing out and translating our Human Values into Action!