

# Monday Motivation

The YMCA logo is displayed in blue, blocky capital letters on a green, triangular background that points downwards.

**Date:** 8 June 2020

## **Theme of the week: National Best Friends Day**

Whether they are near or far, old, or new, best friends help to carry us through our lives. Today, National Best Friends Day, it is time to tell them how much we appreciate their company.

"Friends help you cope with traumas. They also encourage you to change or avoid unhealthy lifestyle habits." Today is the day to enjoy a little one-on-one time with the people who never fail to catch us when we fall.

### **Action**

#### **Exercise 1 Part A:**

Write a letter to one or more of your best friends detailing why it is that they are so special to you. You can go traditional with Pen & Paper or write an Email/Text/WhatsApp

#### **Part B:**

Plan a day out for when the country reopens fully and design an invite to send them along with your letter. Think outside the box & have fun with it!



#### **Exercise 2:**

With permission from all parties - Submit a picture of you and your best friends to [sarahdaniels@ymcachelmsford.org.uk](mailto:sarahdaniels@ymcachelmsford.org.uk) along with the letter or a separate paragraph about why they are so special to you and we will post it on our social media to celebrate your special bond. #nationalbestfriendsday

#### **Outcome / Mission Moments:**

- What have you learnt this week?
- How has this exercise made you feel?
- Maybe encourage other members of your family to do the same!