JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020

MONDAY
1. Decide to look for what’s good, even on the difficult days

TUESDAY
2. Re-frame a worry and try to find a positive way to respond

WEDNESDAY
3. Think of 3 things you’re grateful for and write them down
4. Show your appreciation to those who are helping others

THURSDAY
5. Smile and be friendly, even while you’re social distancing

FRIDAY
6. Notice the upsides during the lockdown, however small

SATURDAY
7. Find a joyful way of being physically active (indoors or out)

SUNDAY
8. Write a letter to thank someone for what they did

9. Find the joy in music today: sing, play, dance or listen

10. Take a photo of something that brings you joy and share it

11. Say positive things in your conversations with others today

12. Make a plan with friends to do something fun together

13. Appreciate the joy of nature and the beauty in the world around

14. Do three things to bring joy to other people today

15. Rediscover a fun childhood activity that you can enjoy today

16. Ask a loved one what they feel grateful for at the moment

17. Be kind to you. Treat yourself the way you would treat a friend

18. Send a positive note to a friend who needs encouragement

19. Create a list of favourite memories you feel grateful for

20. Make time to do something playful today, just for the fun of it

21. Enjoy trying a new recipe or cooking your favourite food

22. Share a happy memory with someone who means a lot to you

23. Look for something to be thankful for where you least expect it

24. Thank a friend for the joy they bring into your life

25. Eat food that makes you feel good and really savour it

26. See the upside in a difficult situation you learnt from

27. Watch something funny and enjoy how it feels to laugh

28. Create a playlist of your favourite songs and enjoy them

29. Take time to do something that makes you happy today

30. Make a list of the joys in your life (and keep adding to them)

“Every day may not be good, but there is something good in every day” ~ Alice Morse Earle

ACTION FOR HAPPINESS

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30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind