



# JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020



## MONDAY

**1** Decide to look for what's good, even on the difficult days

**8** Write a letter to thank someone for what they did

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

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

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

## TUESDAY

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

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

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

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

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

## WEDNESDAY

**3** Think of 3 things you're grateful for and write them down

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

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

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

## THURSDAY

**4** Show your appreciation to those who are helping others

**11** Say positive things in your conversations with others today

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

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

## FRIDAY

**5** Smile and be friendly, even while you're social distancing

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

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

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

## SATURDAY

**6** Notice the upsides during the lockdown, however small

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

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

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

## SUNDAY

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

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

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

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



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

**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

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

**Keep Calm · Stay Wise · Be Kind**