



JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020





MONDAY

Decide to

look for what's

good, even on

the difficult days

Write a

letter to thank

someone for

what they did

Re-frame a worry and try to find a positive

- way to respond
- Find the joy in music today: sing, play, dance or listen
- 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

- 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

- 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
- Thank a friend for the joy they bring into your life

THURSDAY

- 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
- Eat food that makes you feel good and really savour it

FRIDAY

- 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

- 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
- Watch something funny and enjoy how it feels to laugh

SUNDAY

- 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

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