

Joyful June 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Decide to look for what's good every day this month

2

Say positive things in your conversations with others

3

Re-frame a worry and try to find a helpful way to think about it

4

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

5

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

6

Get out into green space and feel the joy that nature brings

7

Do something healthy which makes you feel good

8

Find joy in music: sing, play, dance, listen or share

9

Ask a friend what made them happy recently

10

Bring joy to others by doing something kind for them

11

Eat good food that makes you happy and really savour it

12

Write a gratitude letter to thank someone

13

Take a light-hearted approach. Choose to see the funny side

14

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

15

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

16

Speak to others in a warm and friendly way

17

Take time to notice things that you find beautiful

18

Look for something good in a difficult situation

19

Get outside and find the joy in being active

20

Rediscover and enjoy a fun childhood activity

21

Send a positive note to a friend who needs encouragement

22

Watch something funny and enjoy how it feels to laugh

23

Create a playlist of uplifting songs to listen to

24

Bring to mind a favourite memory you feel grateful for

25

Show your appreciation to people who are helping others

26

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

27

Be kind to you. Do something that brings you joy

28

Notice how positive emotions are contagious between people

29

Share a friendly smile with people you see today

30

Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together