<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td>1 Decide to look for what’s good, even on</td>
<td>2 Re-frame a worry and try to find a positive</td>
<td>3 Think of 3 things you’re grateful for and</td>
<td>4 Show your appreciation to those who are</td>
<td>5 Smile and be friendly, even while you’re</td>
<td>6 Notice the upsides during the lockdown,</td>
<td>7 Find a joyful way of being physically</td>
</tr>
<tr>
<td>the difficult days</td>
<td>way to respond</td>
<td>write them down</td>
<td>helping others</td>
<td>social distancing</td>
<td>however small</td>
<td>active (indoors or out)</td>
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<tr>
<td>8 Write a letter to thank someone for</td>
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<tr>
<td>what they did</td>
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<td>9 Find the joy in music today: sing, play,</td>
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<td>dance or listen</td>
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<td>10 Take a photo of something that brings</td>
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<tr>
<td>you joy and share it</td>
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<td>11 Say positive things in your conversations with others today</td>
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<tr>
<td>12 Make a plan with friends to do something fun together</td>
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<td>13 Appreciate the joy of nature and the beauty in the world around</td>
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<td>14 Do three things to bring joy to other people today</td>
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<td>15 Rediscover a fun childhood activity that you can enjoy today</td>
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<td>16 Ask a loved one what they feel grateful for at the moment</td>
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<td>17 Be kind to you. Treat yourself the way you would treat a friend</td>
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<td>18 Send a positive note to a friend who needs encouragement</td>
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<tr>
<td>19 Create a list of favourite memories you feel grateful for</td>
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<td>20 Make time to do something playful today, just for the fun of it</td>
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<td>21 Enjoy trying a new recipe or cooking your favourite food</td>
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<td>22 Share a happy memory with someone who means a lot to you</td>
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<td>23 Look for something to be thankful for where you least expect it</td>
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<td>24 Thank a friend for the joy they bring into your life</td>
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<td>25 Eat food that makes you feel good and really savour it</td>
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<td>26 See the upside in a difficult situation you learnt from</td>
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<td>27 Watch something funny and enjoy how it feels to laugh</td>
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<td>28 Create a playlist of your favourite songs and enjoy them</td>
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“Every day may not be good, but there is something good in every day” ~ Alice Morse Earle

**ACTION FOR HAPPINESS**

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

Keep Calm · Stay Wise · Be Kind

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