A Month of Positive Psychol...

Play and rest. One small habit for well-being a day.

2027

JULY

MON	TUE	WED	THU	FRI	SAT	SUN
			1 Do something you enjoyed as a child	2 Play a game with someone for fifteen minutes	3 Take a long, slow lunch	4 **July 4th** Dance to one song
5 Spend an afternoon with no plans	6 Take a nap or lie in the grass	7 Try a silly activity, like bubbles or a kite	8 Swim, paddle or splash in water	9 Read for pleasure, not for work	10 Watch the clouds for ten minutes	11 Have a picnic, even a small one
12 Take a photo of something funny	13 Make up a story with a friend	14 Eat ice cream or something cold	15 Sit outside and watch the evening	16 Say yes to a spontaneous plan	17 Go to bed early and sleep well	18 Play your favorite music while you cook
19 Walk somewhere new	20 Spend time with an animal	21 Laugh at something with a friend	22 Draw or paint with no goal	23 Play a board game or cards	24 Take a day off from being useful	25 Stay up to watch the stars
26 Sing out loud	27 Build something small, like a sandcastle	28 Enjoy a slow morning	29 Play with colors, shapes or sounds	30 Write down what made you laugh this month	31 Plan a restful weekend	