

Resilience is the power to bounce back to happiness as we flow along the winding river of time and experience, and the past year has tested our resilience like none before. Play this daily game every month, alone or with your family, to replenish and build your personal power and happiness. Everyone who plays, wins!

MULTIPLY YOUR HAPPY

A Month of Power Play for All Ages



START

Day 1

Adults

Teens

Kids

Preschoolers

Name your best strengths

Take a 5 minute vacation in your mind

Use "and" instead of "but" today

2

Say "I can" to something new

Draw pictures of what makes you happy

Try a meditation exercise

What are you doing to de-stress?

Listen to a story

Help cook a healthy new food

Visualize success

Laugh at some new jokes

Tell or write a story

12

Start a gratitude list

Get active today

Draw happy faces

Tell ways you stay safe

11

Savor a happy memory

Make a playlist of happy songs

Tell what makes you happy

Build a fort inside or outside

Skip, crawl, run and jump

4

Schedule a coffee date with a friend

Slither like a snake

Try something new

Who can you thank today?

13

Surprise someone with a thank you text

Blow bubbles

Schedule a yearly check-up

Practice using your "walking feet"

5

Write 3 things you are grateful for

Break down a big goal into smaller steps

Teach or learn a new skill

Watch a funny YouTube video

Teach something to a child

10

Do something nice for someone without their knowledge

Re-read a favorite book

14

Dress up and make believe

Name 3 things you can do when feeling sad

Who can you talk to when you're feeling down?

6

Everybody participate in a family Olympics

Brush your teeth extra well today

Make funny faces in the mirror

9

What are you grateful for about your body?

SCORE: 1 point for each activity you do this month.

1-8: Challenge yourself to score higher next month.

9-16: Pat yourself on the back!

17-24: Tell someone how well you did!

25-31: Nice job! Try activities from a different age group next month!

15

Take a family nature hike all together

Think of 3 things you can do now that you couldn't do before

7

Play some brain teasers

Plan a screen-free hour, afternoon or day

Count as high as you can

Do something creative today!

8

Play your favorite game

Play hop scotch or jump rope

Celebrate a personal success



Look in the mirror and name your strengths

19

Listen to relaxing music

Finger paint! Try pudding or shaving cream

Throw, catch, swing, paddle...

Tell about something great you did!

Read a classic book

20

Plan a friends day

What does it mean to be thankful?

28

Enjoy a good book

Try some word puzzles

Draw a picture of something you do really well

Be a scientist in your backyard. What do you see?

30

Play a favorite sport

Have everyone share their favorite music at a family dance party

Find time to laugh today

Get creative! Draw, paint, build, cut, glue

Make a list/collage of your good coping skills

31

Practice saying "thank you"

Continue to Multiply Your Happy! Turn this page over and start again next month at number 1!

Have a screen-free hour, afternoon or day

Hug or high five someone you are grateful for

18

Write a gratitude letter, send it if you want to

Use your "listening ears"

Start a gratitude journal

Play your favorite sport

Commit to a date night

17

What ABC's do you know?

How do you stay safe inside and outside of your home?

Exercise today

27

Create! Music, art, writing, etc.

Have family game night with everyone!

What's the plan to stay safe with friends or dates?

Teach someone something you know

Do some stretches or yoga

What stretchy things can your body do?

Draw a picture to thank someone

Do something nice for someone without their knowing

Smile, even if you don't feel like it

21

Practice bubble (deep) breaths

26

Teach someone something you know

Do some stretches or yoga

What stretchy things can your body do?

Write a thank you note

Think of fun things to do

16

Listen to happy songs

Try some yoga poses

Do something you really enjoy - get into the flow

22

Squeeze or make a stress ball (use a funnel to fill a balloon with flour)

Stretch like a tiger

Share photos of a happy day

Define what happiness means to you

24

Remember a time when you solved a hard problem

Give someone you are thankful for a hug or high five

23

Walk like a crab

Give of your time or talent

What are 3 things you can do to calm down?

Help pick out a new food

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