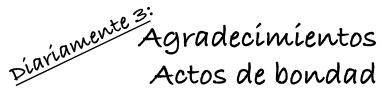


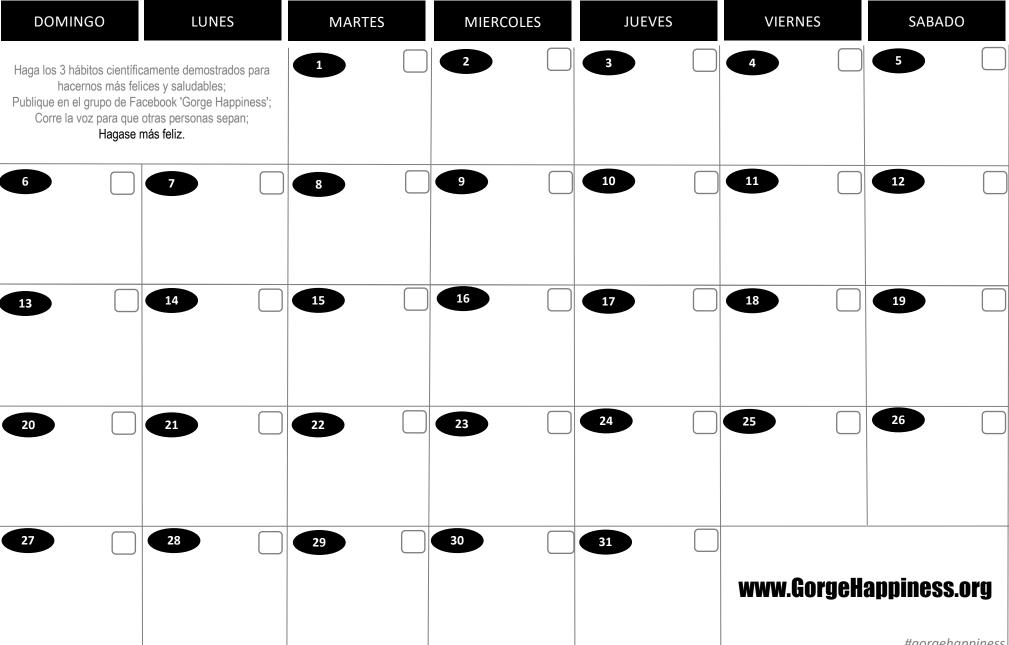
#gorgehappiness







Momentos de sílencio



#gorgehappiness

Moments of Sílence

Stop and count the number of things you can hear right now

Take a nap Take 3 deep breaths

Look at the sky

Listen to

Music

Take a bath (with bubbles!)

Move

Sing and/or Dance

Walk barefoot

a hug Fake laugh for 60 seconds

Stretch

Mix Things up

Try a new fruit or veggie

Complete one small irritating task

Deep clean one appliance

Use you non-dominant hand

Say yes

Make plans for Walk or drive a something to look different route forward to

Clean out a drawer

Wear bright color

(you look bad in)

Dress up as if today is a special occasion

Gratitudes

Acts of Kindness

Leave a kind note in an unlikely place

Put a heart in your window

Give a flower

Do someone else's chore

Pick up 3 pieces of trash

Compliment a stranger

Give someone candv

Take someone's cart back for them

Help someone carry their bags

Pay it forward

Connect

Have a conversation where you listen more than you talk

Tell a new joke

Pick a person or a goal to focus on this week

Reconnect with an old friend

Pet a cat or dog

Visit a farmers market

Wave or nod at someone

Chalk a sidewalk Make up a song

> Write a poem for someone Doodle

Create

Draw shapes in the dirt

Go for a short silent walk Give vourself

Sit outside &

watch wildlife

Drink tea

like about yourself

Send a thank you

Tell someone what

you like about them

Thank a

teacher

Relive 3 good moments from the day

List 10 things you

Pick a good moment

from the week

and draw it