



Have a 5-minute dance party (at home or work!)



Create a Happy Music playlist



Challenge your left hand to a rock, paper, scissors duel with your right hand



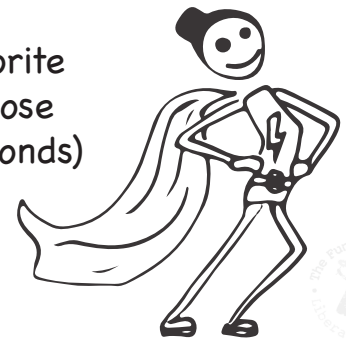
Jump for Joy 20 x (repeat as necessary)



Plan an imaginary trip to a place you've never been



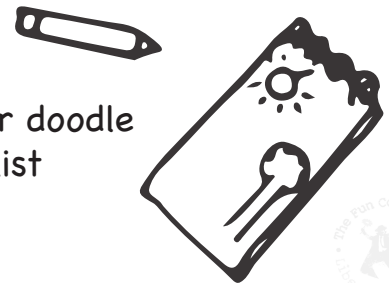
Strike your favorite superhero/ine pose (hold for 30 seconds)



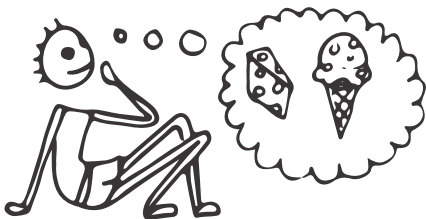
Make paper airplane affirmations & fly them!



Color, draw or doodle your "to do" list



Invent a new ice cream flavor, jelly bean or nail polish color



Watch a funny YouTube (animals, babies, etc.)

