

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Send an email to THANK someone for what they did	Post a photo of a time you and your friends all enjoyed together	Eat food that makes you feel good and really enjoy it			Have a picnic lunch in your backyard
7	8	9	10	11	12	13
	Create a playlist of your favourite songs		Learn something new about Artistic Swimming		Look up at the sky Morning Afternoon Evening	Play a board game
14	15	16	17	18	19	20
Try a new recipe	Find a fun way to do your workout today	Recall 3 things you've done that you are really proud of	Send a positive email to a friend who needs encouragement			Don't forget tomorrow is Father's Day Are you ready?
21	22	23	24	25	26	27
	Do something fun for you Maybe a bubble bath	Take a photo of something that brings you joy and post it	Build a house made out of cards		Movie Day! Give yourself a break!	Do 3 things to bring happiness to other people
28	29	30				
	Make a bunch of different coloured paper airplanes Go outside and see which one's fly farthest	Make a Canada Flag and put it in your window				