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Sit (or walk) near water for a magical and calming break	Eat dessert	Write down three positive things that happened today	Try a deep breathing technique	Watch your favorite guilty pleasure TV show
Learn about growth mindset	Take a break from social media for a day	Take a risk	Write a note to one of your students telling them why you are proud of them	Learn something (ANYTHING) new
Set a new goal and develop a plan to work toward it	Thank a colleague in person or in writing	Connect with a dear friend	Try meditation or mindfulness	Visit a nature center or nearby park
Buy a new plant and take care of it	Donate food, clothing or toys to a local charity	Plan a trip even if you don't take it	Start a gratitude journal	Bake cookies and share some with friends or neighbors
Spend at least 20 minutes outside doing whatever you want	Volunteer	Host a game night or movie night	Perform a random act of kindness	Take course 5105: Living Your Happiest Life, Inside & Outside the Classroom