

JOY JAR

- * Read a book
- * Go for a walk
- * Go to the library
- * Blow bubbles
- * Draw a picture on paper or on the sidewalk
- * Write a story
- * Sing a song
- * Make cookies
- * Build a fort in the house and play in it
- * Watch a movie with popcorn
- * Make s'mores (in microwave or on the BBQ)
- * Play in the sprinklers
- * Play a board game
- * Play with play dough
- * Paint- water colors, finger paints or whatever
- * Play an outdoor game
- * Have popsicles (make your own)
- * Go fishing
- * Go to the park
- * Have a picnic lunch
- * Have a friend over
- * Scrapbook
- * Handwrite a letter or card to someone
- * Hide a surprise note or joke for someone else (family member, neighbor, friend, etc.)
- * Mow your neighbor's lawn or help clean up their yard

- * Pass on to someone else an article or a book that really touched you
- * Write a note of appreciation to your mailman
- * Put little notes in someone's dresser drawers that will brighten up their day
- * Help someone find something they have lost.
- * Invite someone who is alone for Sunday dinner.
- * Share a comic strip or something funny with someone else.
- * Visit hospitals with smiles, treats and friendly conversation for patients
- * Leave a muffin or handmade note of thanks for your newspaper delivery person
- * Pick up trash or pull some weeds in your neighborhood
- * Give family and friends "kindness coupons" they can cash-in for special favors.
- * Write a thank-you note to a person from your past who has made a difference in your life.
- * Visit a retirement or nursing home and spend the afternoon talking with the residents.
- * Drop off a plant, flowers or apple pie at the police department or your neighbors house
- * Offer to help your neighbor do some yard work
- * Make a batch of cookies for your family
- * Send someone an animated greeting card on the internet
- * Remind a friend or family member that he or she is very important in your life
- * Do the dishes even though it's not your turn
- * Make a Kool-aid stand (consider passing out drinks for free)
- * Say "good morning" to everyone you see today, and mean it
- * Share in the not so pleasant tasks at home today
- * Give a compliment
- * Hang up copies of inspirational poems or stories for everyone to enjoy
- * Practice etiquette and good manners
- * Leave a note on the refrigerator with suggestions like: "Take a deep breath and move gently through your day"

- ❁ Drop a few coins in an area where children play, where they can easily find them.
- ❁ Go through your old photos, and send whatever you can part with to the people in the photos.
- ❁ Donate blood, and encourage others to do so.
- ❁ Encourage kind behavior, and praise anyone you encounter being kind.
- ❁ Sort through your books and consider donating some to your local library or a senior citizen's center.
- ❁ Write letters of appreciation to groups who are helping the community, the environment, etc.
- ❁ Tell someone you love and appreciate them - and do it often.
- ❁ Give surplus clothing, toys, etc. to charities.
- ❁ When a child talks to you, given them your full attention.
- ❁ Be gentle with planet Earth.
- ❁ When talking on the phone, smile. The smile will come through in your voice.
- ❁ If you have the choice to be right or to be kind, choose kind.
- ❁ Take flowers to a hospital ward and give them to someone who hasn't had any visitors.
- ❁ Wash someone's car as a surprise.
- ❁ Invite someone for a movie or a meal at your house
- ❁ Put out/take in the rubbish bin/recycling box for your neighbor
- ❁ Make a list of all the things that bring you enjoyment. Don't let a day go by without doing at least one of them.
- ❁ Open the phone book, pick a name, and send them something (movie tickets, thank you card, you are appreciated card, book, etc.) anonymously.
- ❁ Smile and laugh more often.