1. Remove technology from bedroom at night
2. No caffeine for a day
3. Help someone else
4. Take a walk
5. Brush teeth with non-dominant hand
6. Take a new route to school or work
7. Draw something
8. Do nothing for 5 minutes
9. Pick one area to organize/clean for 10 min
10. Smile at someone
11. Limit screen time to 60 min for the whole day
12. Cook something new
13. Focus on breathing for 3 minutes
14. Donate something
15. Express gratitude-3 things
16. Bake healthy snack
17. Keep your phone on silent all day
18. List something positive about your day
19. Write out a to-do list
20. Water a houseplant
21. Pick up litter you see on the street or yard
22. Write a positive review
23. Talk to someone new today
24. Practice some yoga
25. Dance for 5 minutes
26. Sing for 5 minutes
27. Visit your library
28. Log out of at least one social media site for the day
29. Look at the sky/clouds
30. Perform an act of kindness
31. Make a plan for tomorrow
32. Watch a nature video for 5 minutes
33. Listen to music
34. Change your bedsheets
35. Take a walk
36. Create a playlist of songs that make you smile
37. Start a journal
38. Light a candle and watch it for 1 minute
39. Write a handwritten card/note to someone you care about
40. Take a warm bath
41. Place your hand over your heart and feel it beat
42. See how many colors you can find in a room
43. Feel something soft
44. Eat a peppermint
45. Apply lotion to your hands or feet
46. Try something new
47. Smile for 1 minute
48. Laugh out loud
49. Play with a pet
50. Watch birds
51. Sit on the ground for 5 minutes
52. Close your eyes and imagine your favorite place