

How to

Color Your World Happy

“Hoist the sail of love upon the ark of peace that moveth across the seas of life. Let nothing grieve thee, and be thou angered at none.” – ‘Abdu’l-Bahá

Ride a bike or skateboard

Make a list of your heroes

Try a new hobby

Explore the library

Listen to a favorite song

Soak up some sunshine

Make snacks and share

List 10 things you’re grateful for

Go for a walk or swim

Plant some seeds

Take photos of nature

Make dinner with your family

Do a service – in secret

Ask a friend about their life dreams

Try a new food

Hug your family

Doodle a picture of an animal

Go on a picnic

Write a poem about a favorite place

Gaze at the stars

Sing out loud

Get up and dance

Play a game with a friend

Climb a big tree

Do a craft project

Say prayers

Build a castle with sand or LEGO bricks

Visit a place you’ve never been

Volunteer to help a teacher

Play with a pet

Start a ball game

Help a family member

Savor a happy memory

Write a thank-you card

Give something away

Meditate




