

30 Happy Days of April

Find your HAPPY every day this month!
Do the challenges in order, or pick them at random. Be inspired! If you don't like the challenge of the day, do something else. Just look for ways to make
#30HappyDaysofApril

			1 Make a playlist of your favorite songs that make you feel good!	2 Take a picture of every kind of flower in your yard.	3 Watch a comedy movie.	4 Bake something yummy.
5 Go on a nature scavenger hunt.	6 Make a card and send it to someone.	7 Sing in the shower!	8 Make a video of yourself reading a children's book.	9 Do a science experiment.	10 Make an Easter decoration.	11 Take a walk outside on a new trail.
12 Pamper yourself!	13 Make a Pollock-inspired painting.	14 Be an armchair traveler and go on a beautiful journey.	15 Watch a feel-good musical.	16 Dig in the dirt! Plant bulbs or seeds if you have them.	17 Cook a new dish.	18 Make a collage.
19 Learn a new Language.	20 Learn a new card game.	21 Have a dance party!	22 Make a treasure map of your yard or home.	23 Draw a self-portrait. Or something else.	24 Listen for 5 minutes. What do you hear?	25 Make a target course.
26 Make a book.	27 Read an uplifting book.	28 Watch an old comedy show.	29 Make ice cream in a bag.	30 Make a video about something you did this month!	<p>For more ideas about each activity, go to</p>  <p>germanintheafternoonactivities.com</p>	