



# 30 Joyful Moments for June

1. Go barefoot on the grass, sand, or soil - even just for a moment.
2. Look up and find shapes in the clouds - let your imagination wander.
3. Pour a cold drink with lemon or mint and sip it slowly.
4. Sit in a sunny spot with a book or magazine - no screens allowed.
5. Dance in your kitchen to a song that makes you smile.
6. Pick or buy fresh flowers and brighten up a corner of your home.
7. Open a window wide and take five deep, grounding breaths.
8. Watch birds, bees, or butterflies pass by.
9. Eat lunch outdoors, even if it's just on the back step.
10. Write down five things that make it feel like summer to you.
11. Go paddling - in the sea, a stream, a lake, or even the garden tub.
12. Light a candle or incense and sit quietly beside it.
13. Make a fruit salad and eat it slowly, tasting each flavour.
14. Take a sunset stroll and watch the colours change.
15. Listen to trees or tall grass rustling in the breeze.
16. Turn your face to the sun (safely) for a moment of warmth.
17. Visit a local park or garden and notice all the colours.
18. Read a summer-themed poem aloud - even just a stanza.
19. Watch how light or shadows move across the floor or walls.
20. Pick one thing to say no to today - and feel the space that creates.
21. Take a short screen break and sit in silence for a few minutes.
22. Make a little corner of your home beautiful - just for you.
23. Send a postcard or note to someone who'd love a surprise.
24. Choose a summer fruit and eat it slowly, enjoying the texture.
25. Lie back and stretch out fully - rest without guilt.
26. Trace the flight of a bird or plane across the sky.
27. Notice three colours around you that bring you joy.
28. Dip your hands in cool water - and really feel it.
29. Write a list of small things you're looking forward to.
30. Thank yourself for showing up, however you could.

