



Happy April! Let's get happy and enjoy Spring. Enjoy being outside and be Grateful for blooming trees and flowers. Remember to Choose Love every day and help create a ripple effect that reaches far and wide.

APRIL 2021

SUN	MON	TUE	WED	THU	FRI	SAT
				1 YOUR SHOE'S UNTIED... APRIL FOOLS DAY!	2 HAPPY FRIDAY. ENJOY TODAY WITH FAMILY.	3 TAKE TIME OUTSIDE TO LOOK FOR FLOWERS BLOOMING.
4 CELEBRATE SUNDAY. WHAT ARE YOU GRATEFUL FOR TODAY?	5 FUN DAY MONDAY.	6 TAKE A 30 SECOND MEDITATION. THINK "I AM CALM. I AM SAFE. I AM LOVE."	7 DRAW A PICTURE OF A FLOWER AND GIVE IT TO SOMEONE SPECIAL!	8 BEING KIND MAKES YOU HAPPY.	9 FEARLESS FRIDAY! ASK FOR HELP WITH A PROBLEM.	10 TAKE A PICTURE MAKING A FUNNY FACE.
11 PLAY A GAME OF TIC TAC TOE OR CHECKERS.	12 DON'T WORRY. BE HAPPY.	13 SAY SOMETHING NICE TO EVERYONE TODAY.	14 DO YOUR HAPPY DANCE!	15 NATIONAL HIGH FIVE DAY. GET CREATIVE WITH A SOCIALLY DISTANT HIGH FIVE.	16 SOOTHING SOUNDS. SWEET FLOWERS BLOOMING. LOVE IS AROUND ME.	17 LIFE IS A GIFT. HAVE FUN WITH IT!
18 CHOOSE LOVE TODAY AND EVERY DAY.	19 EARTH WEEK. MAKE AN EARTH DAY POSTER.	20 TRASH FREE TUESDAY. CHOOSE THINGS YOU CAN RE-USE RATHER THAN A ONE-TIME USE.	21 BE AN ANIMAL SPY TODAY. HOW MANY DIFFERENT ANIMALS CAN YOU FIND.	22 EARTH DAY! CREATE ECO-ART BY USING OLD BOXES, SCRAP PAPER, BOTTLE CAPS, ETC.	23 MAKE THE WORLD A BETTER PLACE. RECYCLE PLASTIC AND PAPER.	24 TAKE A WALK OUTSIDE OR EXPLORE A LOCAL PARK.
25 EAT FRESH FRUIT OR VEGETABLES FROM A LOCAL FARM OR GARDEN.	26 TAKE A COMPASSIONATE BREATH.	27 LOOK FOR HEART SHAPES OUTSIDE.	28 YOU ARE A SUPERHERO TODAY! WHAT'S YOUR SUPERHERO NAME AND SUPERPOWER?	29 LENDING A HELPING HAND MAKES YOU FEEL GOOD.	30 HUG A TREE. IT'S ARBOR DAY.	