

Getting to Green

- Look into an aquarium
- Make a snow angel
- Knit a scarf
- Throw a penny into a wishing well
- Play an instrument
- Turn off your email and cell phone
- Walk along the beach
- Find a four leaf clover
- Make a scrapbook
- Say a prayer
- Get a massage
- Take a road trip
- Meditate
- Send a “thank you” card
- Review a photo album
- Organize your desk
- Think positive thoughts
- Paint a portrait
- Give a compliment
- Drink a cup of tea
- Get lost in a book
- Cuddle with your pet
- Read a story to a child
- Plan a picnic
- Find a constellation
- Smell some flowers
- Exercise
- Smile at a stranger
- Join a cause
- Dance in the rain
- Look for the silver lining
- Practice forgiveness
- Garden
- Laugh
- Take a long bath
- Watch a movie
- Cook a warm meal
- Order dessert
- Stretch
- Hug a loved one
- Take a nap
- Appreciate the little things in life
- Take the day off
- Do a kind gesture
- Make up a song
- Eat a piece of chocolate
- Go on a hike
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