

YOUR 30 DAY PLAYFULNESS EXPERIMENT

Pick a playful activity that appeals to you. You don't have to go in order. Cross it off when you've done it. Since everything ain't for everybody, there are extras to choose from.

Have fun!

1. Spend 5 min learning to juggle (find a YouTube tutorial).
2. Take a walk and kick the leaves.
3. Doodle for two minutes in your journal.
4. Throw a dry tea bag into a cup from one meter away.
5. Kitchen dance to your favourite song while making brekkie.
6. Skip for at least 15 seconds on your walk.
7. Buy a toy you really want. Puzzle? Rubik's cube?
8. Choose an idea of your own today.
9. Wear only items that begin with the letter P or D today.
10. Make a spaceship out of foil - or doodle a rocket.
11. Build a den in a park (or in your house). Great with kids!
12. Add a fun colour to your hair, or style it differently. Or try a hat.
13. Get a game on your phone that makes you smile.
14. Play a game on your phone.
15. Write a story in five minutes – make it silly!
16. Choose an idea of your own today.
17. Watch your favourite comedian on YouTube and giggle.
18. Drink an ice cream shake, or eat a chocolate bar you loved as a kid.
19. Read a fun book for 10-15 min that's not related to work.
20. Play a card game (or a board game).
21. Get some Blu Tack or Play Doh and make into something cool in 5 min.
22. Send a silly voice note to a friend – just because...
23. Create an obstacle course in your house or garden.
24. Draw a monster and be abstract – snakes with socks, etc...
25. Place an item that feels playful on your desk.
26. Get dressed in the dark, putting on what you touch first.
27. Create an ice block skyscraper – how high can you build it?
28. Make a paper airplane - or a hat, crown, etc.
29. Call a friend who makes you laugh.
30. Colour in a colouring book.
31. Cook a meal you loved eating as a kid.
32. Go through old pictures and tack one up that makes you laugh.
33. Change your phone wallpaper into something that makes you giggle.
34. Wear bright colours - ideally more than one!
35. Take notes in coloured pens, instead of boring black.
36. Choose an idea of your own!



With thanks to Michael Rosen's for some of these.
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