

START THE DAY IN A FUN WAY



Give me a great BiiiiiiiiiiG 10 second hug.

Tell me a joke or let's watch a comedy clip.

HA
HA



Do a silly dance move that I have to copy.

Celebrate for 10 seconds like we won the lottery.



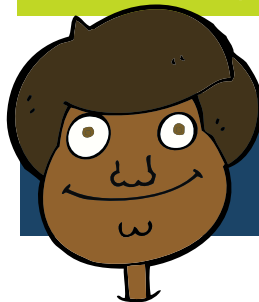
Let's invent a crazy and unique handshake.



Let's high-five. Not once but, 5 times.



5



Take it in turns to say "good morning" in a funny voice and then pull a funny face.

Close our eyes and focus on our breathing.
Breathe IN and OUT deeply for 10 breaths.



THANK
YOU

Tell me 1 thing you're grateful for about me and I'll do the same for you.