

# start the day in a fun way



Let's have a great BiiiiiiiiiiiiG 10 second hug.



Let's all name ONE thing we love about LIFE.

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



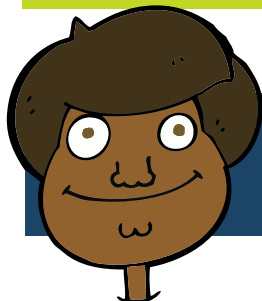
Do a silly dance move that I have to copy.

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.



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