

DAY 1

Make an acrostic poem with the name of someone you love.

DAY 2

Send a teacher a message of appreciation.

DAY 3

Finish this sentence:
The best thing in my life right now is...

#MOODBOOSTER

DAY 4

Pitch in and finish an unfinished project at home.

DAY 5

Create a new or secret handshake with a friend.

DAY 6

Be the expert. Teach someone else something that you are great at.

DAY 7

Send a picture of your smile to a friend.

DAY 8

Make a cake.

DAY 9

Scroll through your phone, and share a photo of a great moment you'd like to go back to.

DAY 10

Set a record and challenge your friends to beat it.

DAY 11

Take your dog for a walk.

DAY 12

Spread love to those who need it most today.

DAY 13

Make a list of fun things to do, hide those lists, and play "Hot & Cold"

DAY 14

Clean out your closet. Make a donation bag of the items you don't wear.

DAY 15

Tag someone who inspires you.

mood booster moment

30 Days of simple, at-home, mood-boosting activities & challenges from THE CORE PROJECT©

DAY 16

Create a list of everything you want to accomplish this year.

DAY 17

Give a graduating Senior some encouragement today.

DAY 18

Take a break from screens.

DAY 19

Mail a book to a friend.

DAY 20

Make a list of 10 great traits about someone.

DAY 21

Tag the person you fit with like peanut-butter & jelly. (You're a little nutty. They're a little sweet.)

DAY 22

Do a Photo Scavenger Hunt with your family.

DAY 23

Change the background on your phone to an inspirational quote & image.

DAY 24

Write a limerick about how much you'd love to be back at school.

DAY 25

Happy DNA Day. Think of 5 things that make you unique.

DAY 26

Plan a picnic.

DAY 27

Take time to smell the flowers.

DAY 28

What is a new hobby or habit you've started in the last 30 days that you want to continue?

DAY 29

Think of a way to spread laughter.

DAY 30

Moods are temporary. Choose yours every day.