



# 50

# FUN FAMILY

# HAPPINESS HACKS

- 1 Have a race to the nearest tree
- 2 See who can fit more mini marshmallows in his or her mouth
- 3 Tell knock-knock jokes
- 4 Play in the rain
- 5 Go on an adventure
- 6 Plant a veggie garden
- 7 Do yoga together
- 8 Go fruit picking
- 9 See who can smile the biggest
- 10 Enjoy a family movie marathon weekend and make yummy popcorn mix
- 11 Bake giant chocolate cookies
- 12 Build sandcastles
- 13 See who can jump the highest, furthest, or funniest
- 14 Create a gratitude list
- 15 Play outside with your pet
- 16 Build a tower with anything you can find
- 17 Sing songs together
- 18 Make clay animals and play zoo
- 19 Make silly faces
- 20 Do an act of kindness for someone
- 21 Sleep outside in a tent
- 22 Invent something like new playing cards
- 23 Organize a dress-up party
- 24 Blow giant bubbles
- 25 Go for a walk in the forest
- 26 Create a family goal board
- 27 Stay in bed until lunch time
- 28 Paint each others' faces
- 29 Write a story book together
- 30 Tell each member in the family you love them 10 times in one day
- 31 Shake your sillies out
- 32 Go on a road trip
- 33 Have a tea party
- 34 Make huge hamburgers
- 35 Learn something new like playing an instrument
- 36 Fly a kite together
- 37 Visit a fire station
- 38 Enjoy a bubble bath
- 39 Adopt a puppy
- 40 Play board games
- 41 Gaze at the stars
- 42 Play ball
- 43 Climb a tree
- 44 Have a treasure hunt
- 45 Go to the beach
- 46 Save money for a special vacation like visiting a theme park
- 47 Have a water gun war
- 48 Have a pajama party
- 49 Plan a picnic
- 50 Smell fresh flowers

HAPPINESS IS WHEN WHAT YOU THINK, WHAT YOU SAY,  
AND WHAT YOU DO ARE IN HARMONY



# 50

# FUN FAMILY KINDNESS HACKS

- 1 Leave a secret note
- 2 Pick up trash in nature
- 3 Smile and wave to the bus driver
- 4 Tell a joke to someone you don't know
- 5 Give the postman a chocolate
- 6 Wash the neighbor's car for free
- 7 Water the plants when a friend goes on holiday
- 8 Go fruit picking and gift it
- 9 Offer to carry shopping bags for the elderly
- 10 Bake your favorite biscuits and share it with friends
- 11 Surprise the bus driver with a thank you note
- 12 Cut a friend's lawn
- 13 Clean your room without being asked
- 14 Share your toys with other kids
- 15 Offer to walk someone else's pet
- 16 Secretly fold and pack away the laundry
- 17 Give a flower from your garden to the cashier at the shop
- 18 Write a song for a sibling
- 19 Babysit for free
- 20 Plant a tree
- 21 Do one of your sibling's chores
- 22 Give hugs
- 23 Smile ALL day
- 24 Give a sincere compliment
- 25 Wash grandma's hair
- 26 And, paint her nails
- 27 Be kind to yourself
- 28 Draw pictures illustrating your interpretation of kindness
- 29 Write a story book about kindness
- 30 Tell each member in the family you love them 10 times in one day
- 31 Paint a rock and leave it on a doorstep
- 32 Host a tea party for friends
- 33 Gift a free movie ticket to a friend
- 34 Have kids send text message to family members
- 35 Blow up balloons and take it to a sick friend
- 36 Pour your partner a bath filled with bubbles
- 37 Surprise the kids with yummy movie night popcorn
- 38 Offer to help wash the house windows in spring
- 39 Donate old clothes and toys
- 40 Make a family video and send it to family living abroad
- 41 Visit sick kids in hospital
- 42 Play ball with the new kid on the block
- 43 Print coloring pages and share with friends
- 44 Organize a surprise treasure hunt for the family
- 45 Add notes to lunchboxes
- 36 Surprise grand parents with a unplanned visit
- 47 Take a warm meal to new neighbors
- 48 Arrange a picnic and invite every child you know
- 49 Do homemade teacher gifts
- 50 Make a friendship bracelet for your best friend

KINDNESS IS LIKE SNOW

IT BEAUTIFIES EVERYTHING IT COVERS

HEALTHY FAMILY AND ME