

drink hot cocoa with whipped cream   watch a funny video   play a favorite song & sing along  
 take a bubble bath by candlelight   get a massage   play in the dirt   dance  
 watch the clouds   **blow bubbles**   read a joke book   visit the pet store  
 wrap up in a blanket in front of the fireplace   do a crossword puzzle  
 drive with the windows down   **write a story**   swim under the moonlight  
 ride a bike   color outside the lines   **crochet a scarf**  
 write a thank you note   bake bread   play in the sprinkler   window shop  
 memorize a verse   create a new recipe   **meet a friend for lunch**  
 listen to worship music   paint a picture   take a walk in the woods  
 create a new outfit   **visit an art museum**   do a craft project   play a word game  
 get a manicure   wash your hair   take a nap   **sit in the sun**   plan a party  
 plant something   buy flowers   hula hoop   phone a friend   pray  
 give some money away   make a flip note   play cards   visit the bookstore  
 smell the roses   wear a big, soft sweater   **buy a helium-filled balloon**  
 jump rope   attend the symphony   buy a gift for a friend   go kayaking

## 99 Ways to Jump for Joy

play with play doh   draw a maze   take a spontaneous road trip  
 crouch like a Ninja   write a poem   **art journal**   call a talk radio show  
 create a collage   walk barefoot in dew covered grass   light a candle  
 take a water aerobics class   make a quilt   learn to say "hello" in 5 new languages  
 practice the piano   play basketball   wear crazy pajamas   read the Bible  
 decorate your house   go fishing   create a unique wreath for your door  
 give yourself a facial   **sleep with the windows open**  
 host a fondue party   doodle on a notepad   eat an ice cream cone   paint on your windows  
 hang a movie poster on your wall   **have a pillow fight**  
 send an encouraging email   paint your nails a daring color  
 paint your front door red   design a dress   smile   eat a cupcake  
 go bowling   braid your hair   **take a long hot shower**  
 start writing a novel   check out a decorating book from the library   dance in the rain  
 get lost in a good book   organize your closet   sit under a tree   take karate lessons  
 picnic in the park   read a children's book   paint a piece of furniture   eat chocolate