Live in the moment
For yourself and your family

- Listen to music
- Do a piggy back
- Laugh, smile, have fun
- Phone a friend
- Sing, dance, twirl
- Have a picnic
- Be still, what do you hear?
- Walk barefoot on the beach
- Tell someone you love them
- Watch the sunrise or set
- Listen to music
- Stand under a tree and look up
- Take a bubble bath
- Write a note to someone special
- Walk in the rain
- Look at the stars
- Smell a flower
- Watch the clouds

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