

July

Play: Finding joy and fun

2026 daily self-care calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Add a fun photo or quote to your workspace or email signature.	2 Thrive Thursday! Start your day off with a favorite song.	3 Doodle during a break. Even a few squiggles can spark creativity.	4 Celebrate the 4th of July with a fun activity.
5 Journal prompt: Make a list of things that bring you joy. Put it up somewhere.	6 Start a "fun" board or Teams channel and post funny photos, quotes, etc.	7 Tell someone what you love about them.	8 Make plans to do something fun with friends.	9 Thrive Thursday! Try laughter yoga. Even fake laughs can boost mood.	10 Enjoy a fun mocktail today.	11 Try something new this weekend, such as a new restaurant or activity.
12 Journal prompt: Write about a time when you felt playful.	13 Plan a team summer picnic or potluck.	14 Tell someone your favorite joke and ask them to tell you theirs.	15 Watch or listen to something that makes you laugh.	16 Thrive Thursday! Get moving with an Instant Recess. kp.org/instantrecess	17 Reflect on something that brought you joy this week.	18 Do something physically active that brings you joy, preferably with others.
19 Journal prompt: Imagine your ideal day. What's one step you can take towards it?	20 Send a "just because" card with a playful message.	21 Look through your photos and create an album of your fun favorites.	22 Send a funny meme or gif to a friend or coworker.	23 Thrive Thursday! Listen, play, or dance to upbeat music.	24 Do one of the things on your list of things that bring you joy.	25 Play a game this weekend, such as sports games, board games, or card games.
26 Journal prompt: Make a list of things you are excited about.	27 Create a playlist of your favorite feel-good songs.	28 Connect with someone who makes you laugh.	29 Make time for play in your day – with your kids, your pet, friends, or on your own.	30 Thrive Thursday! Move in a way that brings you joy.	31 Share a highlight from this month! Scan the QR code to share.	



Scan the QR code at the end of the month to share a highlight!

