



RESILIENCE WEEK VIRGINIA 2020

50 WAYS TO PRACTICE: WHIMSICAL WEDNESDAY



#1 Act with joy & abandon

#10 Jump rope!

#18 Be a part of a lip sync challenge

#2 Blow bubbles

#11 Blow on a pinwheel

#19 Eat dessert for dinner

#3 Laugh

#12 Watch your favorite movie

#20 Have a family night

#4 Sleep in

#13 Make some fluffy slime & play with it!

#21 Create art

#5 PLAY PUTT-PUTT GOLF

#22 Wear funny socks

#6 Bring a smile to someone's face

#14 Look at old pictures

#23 *Sing in the shower*

#7 Make a wand

#15 SPEND TIME WITH your FRIENDS

#24 Connect with people who care

#8 Skip instead of walking

#16 Add something new to your home

#25 Watch and enjoy comedy

#9 Create your own soap

#17 Wear your favorite costume



infograph created by:



Greater Richmond Trauma-Informed Community Network



RESILIENCE WEEK VIRGINIA 2020

50 WAYS TO PRACTICE: WHIMSICAL WEDNESDAY



#26 Get outside & play!

#35 Try a new board game

#43 Play and share music at work

#27 Paint a piece of furniture

#36 VISIT a PLAYGROUND & ENJOY!

#44 Have a fashion show

#28 Create your own fairy garden

#37 Send a funny gif to your friend

#45 Wear a tiara

#29 Let your smile shine

#38 Bring a puzzle to work

#46 Twirl around

#47 Bring some treats to work

#30 Dance

#39 Change your phone background to something that makes you smile

#48 Create a cool handshake

#31 Give a friend a friendship bracelet

#40 Give a high-five!

#49 Write a poem

#32 Sing along to your favorite song

#41 Tell your best joke

#50 Tweet about your whimsy at **#ResilienceWeekVA**

#33 Send someone flowers

#42 Giggle

#34 Be a part of a flash mob



infograph created by:

Greater Richmond Trauma-Informed Community Network