



# 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



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Greater Richmond Trauma-Informed Community Network



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## 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



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