

# CASUAL RESOLUTIONS



**Thank you for downloading the 7th Year version of our Casual Resolutions Kit!** Each year we update the kit in a variety of ways including a new theme, calendar, more great ideas and new printables including new inspiration quotes. As the last couple of years have been extra trying and stressful for most of us, we hope to inspire you in a variety of ways to take control of your own happiness and live in joy no matter what is going on around you.

There is one concept we want to share this year as I've found it to be the most powerful thing I have learned in my life. And that is that we are the one who decides our own happiness, no matter what goes on around us.

It's easy to feel it's of no worth because it's so simple. In this case the truth is in the simplicity. **Stress, sadness, fear, anger etc. is not caused by what happens to us or around us. It's caused by how we react to those things.** Happiness has always and forever been our own choice. The only reason it feels difficult is because we've not been taught to think that way, and like anything new, it takes practice. It's literal science based physiology and how the brain functions.

How we react to things on a regular basis literally changes the way our brain works. We chemically "train" the brain to react in certain ways. This is why when we've responded in negative ways for years it can take some work to retrain it. But it is most definitely possible. This is why the same thing can happen to two different people and for one it's a blessing and for another it's a curse. It is only their thinking that makes it so. It's indeed the most powerful lesson I have ever learned. So I share it hoping you will find the power within. Links to two incredibly helpful books and videos are provided below and on [our website post](#) for this year's kit. The brain is an amazing tool. Used purposefully it can literally change your life.

## RECOMMENDED BOOKS & VIDEOS

There are many books on the topic of the brain and neuroplasticity, which is the science of how we train our brain to react in certain ways. Below are three books I've read and a wonderful free documentary you can watch on YouTube. There's also a 4 minute short video explaining how neuroplasticity work in easy terms. You should be able to click on all of the live links when viewing this pdf on our computer. The links are also available on our web post here: <http://bit.ly/CasualResolutionsKit2022>

### BOOKS

[The Brain That Changes Itself](#)  
[Rewire Your Brain](#)  
[You Can't Afford the Luxury of a Negative Thought](#)

### VIDEOS

[Neuroplasticity—How We Train Our Brain](#) (4 min)  
[The Brain That Changes Itself Documentary](#) (52 min)



**CHANGE** your **THOUGHTS**  
**AND CHANGE** your **WORLD**

- NORMAN VINCENT PEALE

# HOW TO USE THIS KIT

**It's simple!** The kit has everything you need to get you started on your stress-free New Year's Resolutions goal setting! Visit [our website post](#) for links to helpful products and more photos!

## Pages Included in the PDF Kit

- Intro page
- How to Use This Kit page
- 5 Idea pages (200 in all!)
- 3 Links pages for certain ideas
- Calendar page
- Planner page
- 3 Quote Pages

## Other Printables for Specific Ideas

- Scavenger Hunt page
- 2 Learn Pig Latin pages
- Hello & Thank you in other languages page
- 2 A Letter to your future self pages

1. Download the free pdf kit. Print out the pages you need. You will want more than one copy of some pages. (Keep a copy of the pdf on your computer so you can click on the live links included!)
2. Punch holes in the appropriate pages and place them in a binder or folder.
3. Pages such as the quotes or calendar can be stuck on your fridge or wall where you will see them.
4. Sit down with your kit and a pencil or pen and choose all the items you would like to do in 2022! The included **Idea Pages** are filled with 200 fun unique suggestions. New ideas are added each year.
5. Use the **Objective Planner** to help organize your separate goals if needed.
6. There are several sizes of our quote for the year page. You can hang them and also place one on the front of your binder. Again, check [our website post](#) for photos!

## Final Thoughts

Having goals should inspire and energize you, and most importantly *never* make you feel guilty if you don't complete all of them. Goals should be about having fun, learning and growing in a way that is comfortable and enjoyable. .

**Remember...** Even if you only accomplish one small thing on your list, celebrate it! Be proud of yourself with what you DO accomplish. It's all good. And most of all, have fun!

IT DOESN'T MATTER IF THE GLASS  
IS HALF EMPTY OR HALF FULL,  
BE GRATEFUL THAT YOU HAVE A GLASS,  
AND THERE IS SOMETHING IN IT





Every idea with an asterisk \* at the end of it means there are other things to help you with that specific idea. **The number of on the IDEAS PAGE will match the same number on the LINK IDEAS page.** (You can also type them manually into a browser URL box.)

The links will be helpful posts on our website, or occasionally other sites such as YouTube. A few links will be useful inexpensive amazon items.

**FYI: Viewing this kit on your computer will allow you to click on the DARK YELLOW LINKS.**

1. Learn to read a Weather Map.\*
2. Make a time capsule.\*
3. Stay up to see 1st HUGE Supermoon, when it's closest to earth July 13th at 18:38 UTC.
4. Stay up to see 2nd HUGE Supermoon, when it's closest to earth. Aug 12th at 01:36 UTC.
5. Decorate your laptop\*
6. Deep clean your keyboard.\*
7. Go 3 days without complaining about anything. Start over if you mess up. (Harder than you think!)
8. Park at the far end of the store parking lot at least 12 times.
9. Visit a convalescent home & interact with someone who does not get many visitors. (talk, read. Listen, play music etc.)
10. Get rid of two unneeded subscription your paying for. (apps, videos, news etc.)
11. NEVER get angry at other drivers for one full month. Immediately think of a empathetic reason for their actions, i.e. they suffered a loss, they were in a hurry for an emergency, they are worried etc.)
12. Organize your recipes.\*
13. Make a brand new friend.
14. Decorate your laundry room.\*
15. Plan out meals for a week.
16. For one week, when something bad happens, ask yourself "what good can come of this?"
17. Pay off ONE credit bill no matter how small.
18. Write a letter to your future self.\* (INCLUDED IN KIT)
19. Begin a new skin care regimen.
20. Look at pictures of puppies.
21. Organize your kitchen cupboards.\*
22. Go through your clothes. Keep only those that "spark joy". (Marie Condo Book\*)
23. Organize your closet.\*
24. Learn to use Zoom (or any video chat software). \*
25. Make a Vision Board for the year.\*
26. Make a Cat TP for your kitty.\*
27. Interview Grandparents over the phone.
28. Throw out all expired meds/ supplements.
29. Do an indoor scavenger hunt.\* (INCLUDED IN KIT)
30. Dye your hair a fun temporary color.
31. Read a comic book.
32. Cut your hair or a family members.



# ideas **CONTINUED**

33. Learn to speak Pig Latin.\* (INCLUDED IN KIT)
34. Visit places via Virtual Travel App\*
35. Monterey Bay Aquarium Web Live Stream\*
36. Have an indoor picnic.
37. Start a personal or family tiktok channel.\*
38. Learn/Play old time game: checkers, tic-tack-toe, pick up sticks etc.\*
39. Begin using a firm handshake.
40. Watch a sunrise or sunset.
41. Learn all the words to a song you love.
42. Learn three new jokes and tell them at least once.
43. Try a new hair style.
44. Do a 1000 piece puzzle.\*
45. Clean out your junk drawer.\*
46. Start a reading challenge.\*
47. Tell someone you love them.
48. Use EMDR to stop negative thoughts in 60 seconds.\*
49. Smudge your home to clear and remove negative energy.\*
50. Make a speed cleaning apron.\*
51. Use more natural cleaners or make your own.\*
52. Adopt a dog/cat from a rescue.\*
53. Get a pedicure.
54. Learn a card trick.
55. Deep clean and detail your own automobile.
56. Make a donation to a worthy cause.
57. Pick up every piece of trash on your block.
58. Clean out your email.
59. Clean out and uninstall apps on your phone you don't use.
60. Go an entire day without texting anyone.
61. Compliment a stranger once a day for 4 different days.
62. For one day, listen intently when people talk to you. Don't interrupt.
63. De-junk 1 or more rooms in your house.\*
64. Watch at least 3 documentaries.
65. Volunteer somewhere at 3 times.
66. Read an entire book to a child.
67. Eat more raw fruits and vegetables overall.
68. Paint a room a color you love.\*
69. Organize your digital photos.\*
70. Have a girls (guys) night out with friends.
71. Watch at least 3 classic movies.
72. Donate all clothes you don't wear.
73. Learn the metric system for measurements.
74. Give blood.
75. Update all your passwords.
76. Go a full day without swearing.
77. Plant a tree or flowers someplace other than your yard.\*
78. Learn CPR for humans.
79. Learn CPR for pets.
80. Learn how to say "thank you" in 10 languages.\* (INCLUDED IN KIT)
81. Ride a bicycle to a place you normally drive too at least 4 times.
82. Climb a tree safely.
83. For 1 week, pick up trash when you see it away from home.
84. Dress up for Halloween.\*
85. Create a last will and testament. Make it fun!



# ideas **CONTINUED**

86. Write a poem or song.
87. Make something useful out of trash.  
(upcycle)\*
88. Learn how to select good produce.\*
89. Hold the door open for others for a week.
90. Learn to say Hello in 10 languages\*  
(INCLUDED IN KIT)
91. Do something that scares you a little.
92. Write a short story.
93. Be on time to everything for 1 week.
94. Sing in the shower, loudly.
95. Try a new Café.
96. Play a full game of monopoly.
97. Have better posture by being aware.  
Shoulders back!
98. Grow some herbs and use them in  
cooking.\*
99. Forgive someone you've struggled to  
forgive.
100. Make your bed every day for a month.
101. Make some healthy cookies.\*
102. Go to a Yoga class at least twice.
103. Learn to meditate.
104. Try out 3 different herbal teas.
105. Find 3 good points in someone you  
don't like.
106. Throw a penny in a fountain and make  
a wish.
107. Start recycling or take one load to  
recycle.
108. Learn to play the Kazoo.\*
109. Display or hang an inspirational quote  
in your home.\*
110. Draw a mural with chalk on the  
sidewalk.
111. Lay on the grass and find shapes in the  
clouds.
112. Get in touch with an old friend/
113. Write a hand written letter to someone.
114. Throw a dinner party.
115. Write a love letter to someone & send it.
116. Take a class on something of interest.
117. Clean all the windows in your home.
118. Start a backup system of all your  
computer files.
119. Learn to fix a tire.
120. Turn on some music and dance!
121. Give up a bad habit. Biting nails,  
smoking, etc.\*
122. Run a marathon.
123. Strike up a conversation with a stranger.
124. Take the stairs, not the escalator, at least  
4 times.
125. Go sailing.
126. Get a piercing.
127. Get a tattoo.
128. Make a video staring you and put it on  
YouTube.
129. Visit an art museum.
130. Make a paper airplane and fly it.
131. Fly a kite.
132. Go barefoot 10 minutes a day for a  
week.\*
133. Go an entire day without watching any  
TV.
134. No texting others in the house for 1 day.
135. Get a plant and keep it alive for 6  
months.\*
136. Replace all old, stained or holey  
underwear.



# ideas **CONTINUED**

137. Get a manicure.
138. Stop worrying about things.\*
139. Go 1 day with no Facebook/Twitter Etc.
140. Take a 20 minute walk 3 times a week for 1 months.
141. Try 4 new vegan recipes.\*
142. Stop comparing yourself to others.
143. Buy more organic fruits and veggies overall.
144. Have a sleepover with a friend.
145. Learn to do something new on the computer.\*
146. Read a positive self-help book.\*
147. Make a vision board full of pictures to inspire you.\*
148. Buy a piece of artwork from an artist you admire.
149. Get a pet from a shelter to bring into your home.\*
150. Go to bed by 10PM for a week.
151. Paint your front door a bright color.
152. Pay for the coffee for a stranger behind you.
153. Put change in a few vending machines & leave.
154. Mow, Rake etc. another persons yard who could use the help.
155. Leave kind notes in library books for kids.
156. Find an old friend on Facebook and reconnect.
157. Start a gratitude journal.\*
158. Stargaze and learn a few constellations.
159. Go someplace you always wanted to.
160. Say hi to everyone you pass for a week.
161. Give a smile to everyone you see for a week.
162. Go one month without any soda pop.
163. Wean yourself off of caffeine.
164. Try a healthy food you've never eaten before.\*
165. Make a green drink every morning for a month.\*
166. Overcome a fear ( flying, spiders, snakes etc.)\*
167. Play, dance and twirl in the rain.
168. Clean out your file cabinet.
169. Eat less meat. Have a "meatless Monday"
170. Learn to use a computer program well.
171. Take a one day "vacation" alone at a local hotel.
172. Buy an adult coloring book and nice pencils. Use it.\*
173. Take better care of your teeth. \*
174. Take someone you disagree with politically out to lunch and do NOT talk politics.
175. Become pen pals with someone in prison.
176. Drink 8 glasses of water a day for a week/month.
177. Learn three good things about a political pundit, official etc. you DO NOT agree with. Research if needed.
178. Celebrate a personal failure, large or small. Find the lesson, what you learned and how can you use it for positive change in the future.



# ideas **CONTINUED**

179. Use deep breathing for a week or month every -time you get angry/ stressed/panicked etc. Slow deep breath in as full as your lungs can get, slow breath out through pursed lips. Do this 3 times.
180. Take a self-defense class.
181. Read a children's book/novel from your youth.
182. Read a book that was banned.
183. Have someone paint your face. Cat/ dog/sparkles etc.
184. Write your memoir.
185. Do a 100 day challenge. (Example: For 100 days: Take a photo. Draw something. Floss. Etc.
186. Visit a haunted house or take a haunted tour.
187. See a therapist or life coach for a few months.
188. Learn about mindfulness and practice it.\*
189. Learn something new from a different book everyday for a week/month.
190. Buy a crossword book. Do one a day for a week days.
191. Learn a new word every day and use it at least once.
192. Clean all your shoes.\*
193. Grow a fruit or veggie then eat it.
194. Call a family or extended family member you have not talked too for a long time.
195. Make a "birthday/anniversary etc." reminder for important people in your life.
196. When someone is having a rough time and tells you about it JUST LISTEN & EMPATHIZE. Don't try to fix it.
197. Learn to do something you never learned as a kid. (Ride a bike, swim, play hop scotch etc.)
198. Dog owners, take a obedience class.
199. Make your own Christmas Advent

**ADD YOUR OWN IDEAS HERE**



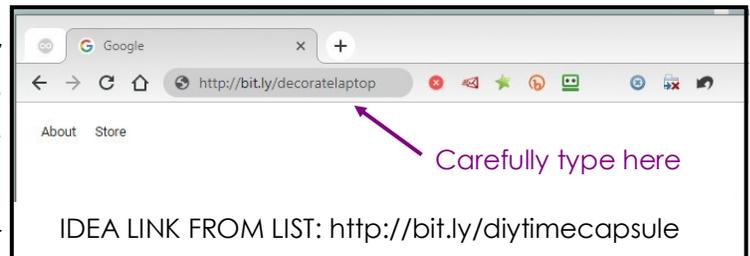
# ideasLINKS

Need some extra help with your Casual Resolution choices? For any idea that has an asterisk (\*) after it, you will find a specific link in the list below. (Some ideas have 2 link!) Many links are from our own website posts. Others are links to helpful videos and even some inexpensive things on Amazon that we've used ourselves. **Just match the IDEA NUMBER with the numbers below!**

**There are TWO WAYS to access these links.**

1. The easiest is to **open this PDF on your computer**. Each link should be able to be clicked on which will then take you to the appropriate idea.

2. If you don't have access to your PDF on your computer, you can **carefully type in the EXACT URL** as shown into your browsers URL box. See the example shown.



**Links that start with http://bit.ly or https://rebrand.ly are posts from our Craft Your Happiness website!**

## IDEA LIST NUMBER

## ASSOCIATED IDEA LINK

- |   |  |
|---|--|
| 1. Learn to read Weather map              | <a href="https://youtu.be/bLxWYmISaS">https://youtu.be/bLxWYmISaS</a><br><a href="https://youtu.be/9NZz-EeveJ8">https://youtu.be/9NZz-EeveJ8</a> |
| 2. Time Capsule                           | <a href="http://bit.ly/diytimecapsule">http://bit.ly/diytimecapsule</a>  |
| 5. Decorate Laptop                        | <a href="http://bit.ly/decoratelaptop">http://bit.ly/decoratelaptop</a>  |
| 6. Deep Clean Computer Keyboard           | <a href="https://amzn.to/3dUbe5t">https://amzn.to/3dUbe5t</a>  |
| 12. Organize Your Recipes                 | <a href="http://bit.ly/DIYRecipeBinder">http://bit.ly/DIYRecipeBinder</a>  |
| 14. Decorate your laundry room            | <a href="http://bit.ly/SmallLaundryRoomMakeover">http://bit.ly/SmallLaundryRoomMakeover</a>  |
| 18. Write a Letter to Yourself            | INCLUDED IN THIS KIT (2 pages)   |
| 21. Organize Kitchen Cupboards            | <a href="http://bit.ly/KitchenMakeoverSeries">http://bit.ly/KitchenMakeoverSeries</a>  |
| 22. Clean out clothes. (Marie Condo Book) | <a href="https://amzn.to/3oDrwDI">https://amzn.to/3oDrwDI</a>  |
| 23. Organize Your Closet                  | <a href="http://bit.ly/ClosetOrganizerIdeas">http://bit.ly/ClosetOrganizerIdeas</a>  |
| 24. Learn to use Zoom. Video tutorial.    | <a href="https://youtu.be/aof60na6B3c">https://youtu.be/aof60na6B3c</a>  |
| 25. Make a vision board.                  | <a href="https://rebrand.ly/DIYvisionboard">https://rebrand.ly/DIYvisionboard</a>  |
| 26. Make a cat TP.                        | <a href="https://rebrand.ly/DIYCatTP">https://rebrand.ly/DIYCatTP</a>  |
| 29. Indoor Scavenger hunt.                | INCLUDED IN THIS KIT (2 pages)   |
| 30. Dye hair a fun temporary color.       | <a href="https://amzn.to/3s9IttZ">https://amzn.to/3s9IttZ</a>  |



# ideasLINKS

## IDEA LIST NUMBER

## ASSOCIATED IDEA LINK

33. Learn Pig Latin

INCLUDED IN THIS KIT (2 PAGES)

<https://youtu.be/EoX6Nasi7cM> (Pig Latin Video)

34. Virtual Travel App.

<https://rebrand.ly/virtualtravel> (iPhone)

<https://rebrand.ly/virtualtravelandroid> (android)

35. Monterey Bay Aquarium Live Stream

<https://rebrand.ly/MontereyBayAquarium>

37. Start tiktok channel.

<https://www.tiktok.com/en/>

38. Learn/Play old time game

<https://amzn.to/3yvUzV> (checkers)

44. Work a 1000 Piece Puzzle

<https://amzn.to/3yuMM4e> (our fav brand!)

<http://bit.ly/DIYPuzzleWorkStation>

45. Clean out junk drawer.

<http://bit.ly/organizeyourjunkdrawer>

46. Start a reading challenge.

<http://bit.ly/readingchallengekit>

48. Use EMDR to stop negative thoughts.

<http://bit.ly/1MinEMDRThoughtChange>

49. Smudge your home.

<http://bit.ly/smudgingceremonykit>

50. Make a speed cleaning apron.

<http://bit.ly/DIYSpeedCleaningApron>

51. Make natural cleaners.

<http://bit.ly/DIYNaturalDisinfectantCleaner>

52. Adopt pet. (potty training post)

<http://bit.ly/newdogpottytraining>

63. Dejunk one or more rooms.

<https://rebrand.ly/3BoxRuleDejunking>

68. Paint a room.

<http://bit.ly/EasyWallPaintTeting>

69. Organize digital photos

<http://bit.ly/DigitizingOldPhotos>

77. Plant flowers or tree

<http://bit.ly/DIYHeartSeedBombs>

80. Learn to say "thank you" in 10 languages.

INCLUDED IN THIS KIT

84. Dress up for Halloween

<http://bit.ly/HalloweenHotGlueJewelry>

87. Make something out of trash.

<http://bit.ly/AllOurUpcycleIdeas>

88. Learn how to select good produce

<http://bit.ly/SeasonalProducePDF>

90. Learn to say "hello" in 10 languages.

INCLUDED IN THIS KIT

98. Grow some herbs and use in cooking

<http://bit.ly/DIYHerbPlantLabels>



# ideasLINKS

## IDEA LIST NUMBER

## ASSOCIATED IDEA LINK

- |   |  |
|---|--|
| 101. Make some healthy cookies.               | <a href="http://bit.ly/HealthyNoBakeNoHeatCookies">http://bit.ly/HealthyNoBakeNoHeatCookies</a>  |
| 108. Learn to play the Kazoo                  | <a href="https://amzn.to/3aq7gYF">https://amzn.to/3aq7gYF</a> (kazoos!)  |
| 109. Display a motivation quote in your home. | <a href="http://bit.ly/FreePrintableQuotesPlusDIYStand">http://bit.ly/FreePrintableQuotesPlusDIYStand</a>  |
| 121. Give up a bad habit.                     | <a href="http://bit.ly/StopSmokingPressurePointPrintable">http://bit.ly/StopSmokingPressurePointPrintable</a>  |
| 132. Go barefoot 10 min a day for a week.     | <a href="https://bit.ly/WhyBarefootIsBest">https://bit.ly/WhyBarefootIsBest</a>  |
| 135. Get a plant and keep it alive            | <a href="http://bit.ly/DIYUpcyclePlanters">http://bit.ly/DIYUpcyclePlanters</a>  |
| 138. Stop worrying about things.              | <a href="http://bit.ly/TipsToStopNegativeThoughts">http://bit.ly/TipsToStopNegativeThoughts</a>  |
| 141. Try 4 new vegan recipe                   | <a href="https://bit.ly/CYHHealthyDeliciousRecipes">https://bit.ly/CYHHealthyDeliciousRecipes</a>  |
| 145. Learn something new on computer          | <a href="http://bit.ly/BestFreeInternetTools">http://bit.ly/BestFreeInternetTools</a>  |
| 146. Read a positive self help book.          | <a href="https://amzn.to/3oUCPd5">https://amzn.to/3oUCPd5</a>  |
| 147. Make a vision board                      | <a href="http://bit.ly/HowToMakeVisionBoard">http://bit.ly/HowToMakeVisionBoard</a>  |
| 149. Get a pet from a shelter                 | <a href="http://bit.ly/newdogpottytraining">http://bit.ly/newdogpottytraining</a>  |
| 157. Start a gratitude journal                | <a href="https://amzn.to/3p3uyE1">https://amzn.to/3p3uyE1</a>  |
| 164. Try a new healthy food                   | <a href="https://bit.ly/CYHHealthyDeliciousRecipes">https://bit.ly/CYHHealthyDeliciousRecipes</a>  |
| 165. Make a green drink.                      | <a href="http://bit.ly/easiestgreensmoothie">http://bit.ly/easiestgreensmoothie</a>  |
| 166. Overcome a fear (flying, spiders, etc)   | <a href="http://bit.ly/1MinEMDRThoughtChange">http://bit.ly/1MinEMDRThoughtChange</a>  |
| 172. Buy an adult coloring book.              | <a href="https://amzn.to/3EXUu9w">https://amzn.to/3EXUu9w</a><br><a href="https://amzn.to/3GJK1yl">https://amzn.to/3GJK1yl</a>                           |
| 173. Take better care of your teeth.          | <a href="http://bit.ly/kissthedentistgoodbye">http://bit.ly/kissthedentistgoodbye</a>  |
| 188. Learn about mindfulness and practice it. | <a href="https://amzn.to/3F2HgZd">https://amzn.to/3F2HgZd</a>  |
| 192. Clean all your shoes                     | <a href="https://bit.ly/3yrt0qi">https://bit.ly/3yrt0qi</a><br><a href="http://bit.ly/DIYNaturalFoodShoeSpray">http://bit.ly/DIYNaturalFoodShoeSpray</a> |
| 199. Make a Christmas countdown calendar.     | <a href="http://bit.ly/DIYCountdownAdventCalendar">http://bit.ly/DIYCountdownAdventCalendar</a>  |
| 200. Have a Yard Sale!                        | <a href="http://bit.ly/HaveYardSaleKit">http://bit.ly/HaveYardSaleKit</a>  |



# objective **PLANNER**



Empty rectangular box for notes or objectives.

Empty rectangular box for notes or objectives.

Large empty rectangular box for notes or objectives.



# PRINTABLE BINDER COVER

Print the graphic below and cut it out around the border. Stick it to the front of your binder. Spray adhesive is perfect for this type of thing.



# PRINTABLE 5X7 TO FRAME

Print the graphic below on cardstock or photo paper. Cut along the light gray line which will fit into a 5x7 photo frame.



**IMPORTANT!** TO PRINT FOR AN 8x10 FRAME: Print the entire page, then measure around the paper edges evenly so that it fits an 8x10 frame. DO NOT CUT ON THE DARK BORDER UNLESS YOU WILL HANG IT WITHOUT A FRAME.



ONCE  
IN A LIFETIME YOU  
MEET SOMEONE  
WHO CHANGES EVERYTHING.  
THAT SOMEONE IS  
YOU.



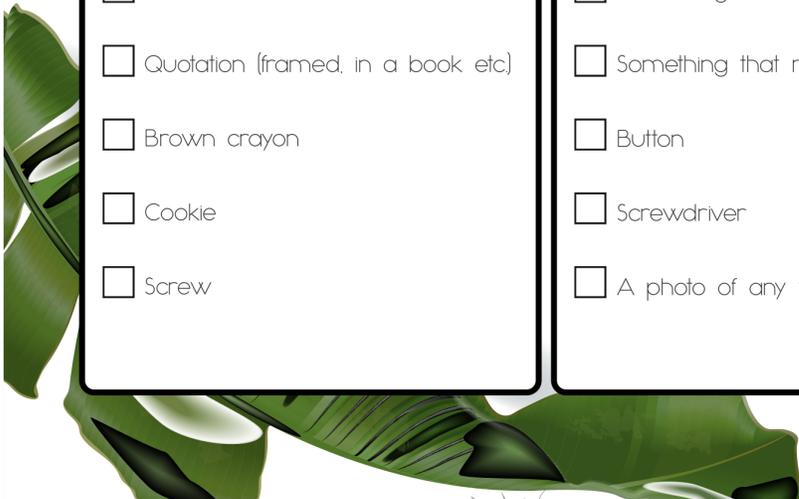
# indoor SCAVENGER HUNT



- Something soft.
- Something furry.
- Something with wheels.
- Something purple.
- Something yellow.
- Something broken.
- Something that makes a sound.
- Something that rolls.
- Book about an animal(s).
- Flower (fake or not)
- Vegetable
- Rubberband
- Colored marker
- A gift someone gave you.
- Sandal
- Quotation (framed, in a book etc)
- Brown crayon
- Cookie
- Screw

- Dime
- Band-Aid
- Paperclip
- Hat
- Nail polish
- Ribbon
- Toothbrush
- Comb
- Something round.
- A cup
- A pot
- A clock
- Clothes hanger
- Something that stinks.
- Something that smells good.
- Something that makes a noise.
- Button
- Screwdriver
- A photo of any family member.

- Ring
- Plastic spoon
- Playing card
- Envelope
- Needle
- Something made of wood.
- Something made of metal.
- Something smaller than a dime.
- Piece of candy
- Eraser
- Flashlight
- Stuffed animal
- Key
- Comb
- Battery
- Ruler or measuring tape.
- Safety pin



# HOW TO SPEAK PIG LATIN



Pig Latin is a nonsensical way to talk to disguise what you want to say or just have fun with your own language. It's easy to do once you get the basic concept and you will become fluent in no time! Feel free to google Youtube videos showing how to speak it.

## BASICS:

To speak Pig Latin, move the consonant cluster from the start of the word to the end of the word; when words begin on a vowel, simply add "-yay", "-way", or "-ay" to the end instead. It does take a little practice. If a word starts with a vowel, say yay at the end. For example, out is "outyay." If a word has two letters that make one sound at the beginning, like "which," then you would take that sound and put it at the end, so "which" would become "ichway."

### 1. Learn how to form words beginning with consonants.

Words beginning with consonants would change as follows: the word "hello" would become ello-hay, the word "dog" would become og-day and the term "Pig Latin" would become ig-pay Atin-lay. Words beginning with consonant clusters would change as follows: the word "twitch" would become itch-tway, the word "shove" would become ove-shay and the term "fruit smoothie" would become uit-fray oothie-smay.

### 2. Learn how to form words beginning with vowels.

For words beginning with vowels, just add "-yay" (some Pig-Latin speakers may add "-way" or "-ay") to the end of the word. You don't need to change any letters around, just say the word as normal then add "-yay" to the end. For example: the word "it" becomes it-yay, the word "nut" becomes nut-yay and the word "ultimate" becomes ultimate-yay. This also is how you would use the personal pronoun "I," which becomes I-yay.

Learn how to form words containing the letter "Y." Words with the letter "Y" can be a little tricky, as whether you treat the letter "Y" as a consonant or a vowel changes depending on the where the letter is in the word.

If a word starts with the letter "Y" it is treated like a consonant and typically moved to the end of the word, as usual. For example, the word "yellow" becomes ellow-yay. The normal rules apply if "Y" is the second letter in a two letter word, such as "my," which becomes y-may. But if the letter "Y" comes at the end of a consonant cluster, like in the word "rhythm"; it is treated like a vowel and does not move to the end of the word. For example, "rhythm" becomes ythm-rhay. (Pronounced ithym-ray)

## VARIATIONS:

- As this is a made up language there are some variations different people will use.

For words beginning with a vowel, some add the word "yay" rather than "way" to the end of a word. For example, the word "ocean" would become ocean-yay rather than "ocean-way" and the word "inbox" would become inbox-yay rather than "inbox-way".

- Another variation is to add the letter "Y" to the beginning of a word that starts with a vowel, in addition to adding "yay" to the end. For example, the word "extra" would become yextra-yay and the word "orange" would become yorange-yay.

- One more variation entails adding the suffix "ay" rather than "way" to a word that begins with a vowel but ends in a consonant. For example, "after" would become after-ay rather than "after-way" and the word "olives" would become olives-ay rather than "olives -way".

- According to Wikipedia, just adding "ay" to a word beginning with a vowel is also acceptable. This variation clears up the confusion of added consonants (e.g. wondering if the speaker means "wit" or "it").

# HOW TO SPEAK PIG LATIN



Hello	Elohay
Please	Leasepay
What time is it?	Hatway imetay ishay ithay?
How is the weather?	Owhay ishay hetay eatherway?
How are you?	Owhay arehay ouyay?
What is your name?	Hatway ishay ouryay amenay?
Thank you	Hanktay ouyay
You are welcome	Ouyay arehay elcomeway
Good night	Oodgay ightnay
Who is that?	Howay ishay hattay?
Where are you going?	Hereway arehay ouyay oinggay?
I don't want to	lhay on'tday antway otay
Do you understand?	Oday ouyay underway tandsay?
Where do you come from?	Hereway oday ouyay omecay romfay?
Whisper it to me	Hisperway ithay otay emay
Can you speak Pig Latin?	Ancay ouyay peaksay igpay atinlay?
What are you talking about?	Hatway arehay ouyay alkingtay aboutway?
What is the password?	Hatway ishay hetay asspay ordway?
What is the answer for...?	Hatway ishay hetay answerway orfay...?
Why are you doing that?	Hyway arehay ouyay oingday hattay?
I'm in trouble	lmhay inhay roubletay
Hide the gift now	ldeday hetay iftgay ownay
Wait until she leaves	Aitway untilway hesay eaveslay
Bring it tomorrow	Ringbay ithay omorrowtay
Follow me	Ollowfay emay
Don't leave	On'tday eavelay
Go now	Ogay ownay
I don't like this	lay on'tday ikelay histay
Why is he here?	Hyway ishay ehay erehay?
What is her name?	Hatway ishay erhay amenay?
Do you have the homework?	Oday ouyay avehay hetay omehay orkway?
He is so cute	Ehay ishay osay utecay
Call me	Allcay emay
Here is my number	Erehay ishay ymay umbernay
Don't tell them	On'tday elltay hemtay
This is a secret	Histay ishay ayay ecretsay
Please remind me	Leasepay emindray emay
No way	Onay ayway

# Share a Little **KINDNESS**



## **LEARN TO SAY THANK YOU IN 10 LANGUAGES**

French Merci (mare-see)  
Spanish Gracias (graw-see-us)  
Chinese xi (see-eh )  
Italian Grazie (graw-see)  
Japanese Arigato (ah-ree-gah-toe)  
German(dahn-ka)  
Hawaiian(muh-ha-low)  
Danish Tak (tah-k)  
Hebrew(toe-dah)  
Russian Spasiba (spa-see-bah)

## **LEARN TO SAY HELLO IN 10 LANGUAGES**

French Bonjour (Bo-joor)  
Spanish Hola (O-la)  
Chinese Ni hao (nee-how)  
Italian Ciao (chow)  
Japanese Konnichiwa (ko-knee-chee-wa)  
German Guten Tag (goot-en-tahg)  
Hawaiian Mahalo(Ma-ha-low)  
Danish Hej (hi)  
Hebrew Shalom (shaw-lome)  
Russian Privet (pree-vee-et)





# Letter to self

## INSTRUCTIONS

On the supplied page write a letter to your future self from your current point of view. Date it the same day that you write it, then put the future date you wish to open and read it on the bottom. We suggest one year.

### **PONDER THESE QUESTIONS FOR INSPIRATION:**

- What advice would you give your future self?
- What goals have you achieved?
- Who helped you along your way?
- What things have you struggled with?
- What did the struggles teach you?
- What good things happened?
- What are you grateful for?
- What things are important to you?
- What are you looking forward to?
- What advice would you give to your future self?
- What things do you want your future self to remember?

This is about self reflection and honesty. Try to see the positive things even if you had negative experiences. After you have written it place it in an envelope and put it somewhere safe. Set a reminder to open it a year from now.

### **REMEMBER**

Write this letter as if you are writing to someone you love dearly. Be kind, be helpful, be hopeful, be encouraging, Be honest.

**BE KIND TO YOURSELF. YOU ARE  
DOING THE BEST YOU CAN.**



# A LETTER TO YOUR FUTURE SELF

TODAY'S DATE:

DATE TO READ:

