

Add Music and Stir

Music is a powerful mood-changer. A finger-snapping beat, a catchy chorus or a peppy melody can bring a joyful vibe to any situation.

Tidying up your room? Do it to the sound of your favourite hip hop artist. Got homework? Something soothing and serene playing softly in the background might be the A+ choice.

Sharing your favourite tunes with others is also a great way to bring friends, both new and old, together. Karaoke night, anyone?

So pump up the volume and get out the tambourine.

Music Rocks!

Put Fun on the Calendar

Fun doesn't just appear at your door. You have to plan for it and make it happen!

Start with a fun idea: *I want to have a slumber party with my three besties. Or I wonder if I could build the world's tallest house of cards . . .*

Then ask yourself, *Is it doable?* If the answer is yes, that's where the calendar comes in. Someday never comes. But *Tuesday at 3* will be here before you know it.

So choose a date and mark it on your schedule — in ink! Organize your supplies and make all your arrangements *now*. By the time that big day arrives, you'll be ready!