

27 Encouragement

Hello my dear PCS friends!

Happy winter! Snow! Yay! Soak it up, lovely earth!

Take what delights you and leave the rest.

1. Let's Play! Yesterday I took myself on a little late afternoon cross country ski. I was listening to some good tunes on my headphones and watching my dog leap and play in the snow. The endorphins were flowing and I was feeling great. Those big, beautiful, slow snowflakes were falling so I started speeding up and slowing down to catch them one at a time in my mouth. I used to do this all the time as a kid and it lit up that playful part of me with which I lose touch. Earlier this same day I was looking out my window and saw one of the college kids who lives across the street filming the snow coming down. She was giggling to herself and it was pretty clear this was the first time she had seen snow. She promptly plopped herself down in her yard and made a snow angel. Watching her pure child-like joy made my heart smile. These two things have got me on a roll and I have a challenge for you. I want you to do 3 things today that you have not done since you were a kid. The less effort and time they take the better! Just get into that playful mindset and report back to me the 3 things you did. Here are some super random ideas that may inspire you to think about things you used to do...

- a. Chew a piece of bubble gum. Try to blow a bubble.
- b. Avoid stepping on a crack.
- c. Make a wish.
- d. Sing a nursery rhyme to yourself or out loud.
- e. Do something on the floor.
- f. Eat some snow.
- g. Put marshmallows in your hot chocolate.
- h. Skip.
- i. Be completely honest.
- j. Throw a snowball.
- k. Hold your breath going through a tunnel.
- l. Pinch someone. Gently.
- m. Whistle

Anything that gets you in touch with that young you! I'm excited to hear what you do!

The three things I did this morning: 1. A head stand (took me three tries and I was definitely dizzy after!). 2. Drew a picture of a flower in chalk. 3. Piled all of his stuffed toys on top of my dog to see how long he would let them balance there.

Silly. Delightful. And I am definitely starting this day feeling light!

Warmly,

Becky