

FOOL

April 2025

LOL

HA-HA!



National Humor Month!

Stop overthinking & start overplaying!

KICK ME

Laugh it up & play! Be a Goofball in Training!!

Spread joy and laughter, have fun and embrace the lighter side of life!



1 

Make a list of 30 goofy things you can do all month! Be a goofball in training!

2 

It's National Peanut Butter & Jelly Day!
Pack up your cares, PB&J & Oreos and go have a picnic in the park! Be a kid again!

3 It's Find a Rainbow Day!
Find Yours! (psst... it may be inside!) 

4 Make it a Teflon Day!
 Don't let negative things stick to you. Let it go today!

5 SPEAK OUT Today.
Don't worry what anyone thinks! Then go do something fun to celebrate your boldness!

6  National Quit Worrying Day!
(We made this up but it's a good one!) This week, make an effort to stop overthinking!

7 National Beer Day!
 Celebrate with a root beer float today!

8  Call in sick and have a play day today!

9 It's "NATIONAL UNICORN" Day!
 Tell someone they are a unicorn today!

10 Make time for joy.
Do something purely for fun and relaxation. 

11 HA-HA!
Watch some stand-up comedy routines.

12  Today is the PINK FULL MOON!
It symbolizes rebirth & renewal! Plan a fun, goofy ritual!

13 It's National Scrabble Day!
Play a game! Swear or politically incorrect words get double points!


14 National Pecan Day!
 Be a nut! Share some nuts!

15  LIFE IS BETTER WHEN YOU DANCE!
Dance today in public! Make someone smile with your moves!

16 Buy everyone in your office a pair of Groucho glasses today!


17 Haiku Poetry Day!
Create a funny haiku!
Moon howler, dream thief,
Dances barefoot on her path.
Told the world: "Watch me."


18  Buy a bottle of bubbles and have some fun!!

19  Go outside and play in the rain!
No Rain? Then just skip again! Do something fun and goofy outside!

20 Look Alike Day!
 Schedule lunch with friends and ask everyone to wear pink!


21 Walk on the Wild Side Day!
 Do something that no one would expect you to do! Take the leap!

22  Earth Day!
Go get dirty! Go hug a tree!

23  It's Wackadoodle Wednesday!
Do something whacky that you've never done before!


24  Stream a Comedy Today!
Take time to Laugh!

25 It's Hairstyle Appreciation Day!
Do something crazy fun with your hair today! 

26 Make it a Crazy Hat Day at your office, with your family, or just on your own!


27  Today is the new moon.
Write down what you want to manifest. Put it under your pillow!

28  Do only things that make you happy today!
 HAVE FUN

29 Love a Dandelion Today!
 Today, look for the positive. Some see weeds, some see wishes. Make a wish!

30  Let everything go today!

 Camp Atta Girl! campattagirl.com
 Happiness element happinesselement.com 
To download, go to campattagirl.com or happinesselement.com 