

A kiss on the cheek

The burst of a grape in your mouth that has just been taken out of the freezer

Rummaging through clothes and finding a bargain

Splashing your feet in the bath

# Instant Delights

Hearing a child say something that an adult would never say

Perfectly folded napkins at the dinner table

**A cheeky smile**

The feel of fresh air in your lungs if you haven't been outside in a while

Sealing the envelope of a card you are sending to someone you love

*Catching the smell of fried onions*

# I.D. PLEASE

I.D. cards are a way of identifying ourselves, of telling others something about ourselves.

So too are **Instant Delight** Cards.

This card can be used as a prompt to ask yourself or others about what gives you a sense of 'instant delight'; the kind of things that give you a warm feel, a nice surprise, a tingle or the good kind of goosebumps. As you can see from the examples on the front of the card Instant Delights can often be small, subtle things that could happen on an average day. These might be things that when they happened they passed us by and we hadn't given them too much attention. Thinking and talking about them brings them to life again, helping us to name the small and brilliant things that bring us enjoyment.

**We'd love to hear the Instant Delights that you discover  
#InstantDelights to share with others.**

Inspired from the play 'Every Brilliant thing' by Duncan Macmillan

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