



Activities Ideas Add your own!

Write in a journal	Cook a meal	Go to the library
Watch the sunrise or sunset	Work in the garden	Go to a play
Go rock climbing	Visit a friend or neighbor	Listen to the radio or a podcast
Go out for coffee	Go to a concert	Call a friend
Watch a movie	Bake a dessert	Volunteer
Go stargazing	Visit a tourist attraction	Start a blog
Go swimming	Explore somewhere new	Play a board game
Go to the beach	Research an unfamiliar topic	Rearrange your furniture
Do a puzzle	Make origami	Read a book
Draw or paint	Visit a museum	Go for a bike ride
Play a sport	Take photos	Knit
Play an instrument	Visit a park	Do yoga
Write a poem	Search for new music to listen to	Exercise
Hike on a trail	Care for a pet	Go for a walk
Play cards	Write a letter	Meditate
Have a picnic	Try a new food	Bake cookies or a cake