



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
Call a friend

Go out for coffee

Go to a concert

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