

# Activity List

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