



WAYS OF PLAY

1. Board games (e.g., Monopoly, Scrabble, or Settlers of Catan)
2. Card games (e.g., Poker, Uno, or Bridge)
3. Video games (e.g., platformers, puzzles, or multiplayer online games)
4. Puzzles (e.g., jigsaw puzzles, Sudoku, or crosswords)
5. Trivia or quiz nights (e.g., at a local pub or online)
6. Role-playing games (e.g., Dungeons & Dragons or online RPGs)
7. Outdoor games (e.g., frisbee, horseshoes, or bocce ball)
8. Water activities (e.g., swimming, kayaking, or paddleboarding)
9. Tabletop games (e.g., foosball, air hockey, or ping pong)
10. Interactive theater or escape rooms (e.g., solving mysteries or puzzles as a team)
11. Dancing (e.g., taking dance classes or attending social dances)

12. Improve or acting workshops (e.g., joining a local theater group or taking classes)
13. Singing or playing musical instruments (e.g., joining a choir or jamming with friends)
14. Drawing or painting (e.g., attending a paint night or sketching in the park)
15. Cooking or baking (e.g., trying new recipes or participating in a cooking class)
16. Gardening (e.g., planting flowers or growing your own vegetables)
17. Birdwatching (e.g., exploring local parks or nature reserves)
18. Geocaching (e.g., using a GPS device or smartphone app to find hidden treasures)
19. Learning a new language (e.g., through language exchange events or apps)
20. Pottery or ceramics (e.g., taking a class or creating pieces at home)
21. DIY crafting (e.g., knitting, sewing, or woodworking)
22. Yoga or tai chi (e.g., practicing at home or joining a local group)
23. Photography (e.g., taking a class or exploring your city with a camera)
24. Sports (e.g., basketball, soccer, or tennis)
25. Martial arts (e.g., karate, judo, or Brazilian jiu-jitsu)
26. Volunteering (e.g., helping at a local animal shelter or community garden)
27. Attending cultural events or festivals (e.g., art fairs, food festivals, or parades)

Look at all the freakin' choices you have! There's gotta be at least ONE thing here that sparks your curiosity. Pick one and just go for it. Don't think, just do.