

101 Things To Do

1. Reading
2. Work in the garden
3. Make a card
4. Listen to music
5. Do colouring in
6. Write a letter
7. Write an email to a loved one
8. Drawing or painting
9. Spend time with your pet
10. Cook a meal
11. Do some arts and crafts
12. Make a present for someone
13. Look after your houseplants
14. Do a project around the house
15. Clean up a cupboard
16. Practise or develop a new skill
17. Photography
18. Meditate
19. Yoga
20. Breathing exercises
21. Sit in the sun
22. Go for a walk
23. Take a long bath
24. Enjoy a coffee or tea uninterrupted
25. Do a puzzle
26. Write in a journal
27. Play a game
28. Start a new project
29. Watch a movie
30. See a friend
31. Visit a family member
32. Make something
33. Go to the beach
34. Go to the park
35. Go to the library
36. Do some exercise
37. Phone a friend
38. Send someone a message
39. Invite a friend over
40. Join a community club
41. Cook a meal for someone
42. Do some stretching
43. Dancing
44. Swimming
45. Go on a picnic
46. Clean the fridge or pantry
47. Listen to a podcast
48. Take a nap
49. Write a poem
50. Rearrange furniture
51. Organise your diary
52. Read some news headlines
53. Go to a market
54. Go to a museum
55. Find a new YouTube Channel to follow
56. Make a scrapbook
57. Go window shopping
58. Take a long bath
59. Play a computer game
60. Surf the internet
61. Listen to relaxation music
62. Browse at a garage sale
63. Help a friend with something
64. Vacuuming
65. Write a plan for the week
66. Write a to do list for the day
67. Write New Year's Resolutions
68. Go to an auction
69. Enrol in a course
70. Go to a concert
71. Look up events nearby on Meet Up
72. Treat yourself to something you like
73. Make a kite and fly it
74. Look for a four leaf clover
75. Pick some flowers for a vase
76. Try a new bakery/coffee shop
77. Write affirmations
78. Tell someone you love them
79. Binge watch a TV series
80. Clean out your closet
81. Get a haircut
82. Build a house of cards
83. Create a time capsule
84. Do a crossword
85. Explore nature
86. Finish an old project

87. Go grocery shopping
88. Get some fresh air
89. Learn a new language on the
Duolingo App
90. Discover new music
91. Listen to the radio
92. Make a friendship bracelet
93. Make origami
94. Research a random country
95. Sort out old photos
96. Learn Sign Language
97. Visit the dog park and watch the
dogs play
98. Visit a friend
99. Write a short story
100. Write down your goals
101. Come visit Our Community Hub

