

Fun Activities

Low-Key Fun

1. Listen to music
2. Rent a movie to watch
3. Play a board game with your siblings
4. Lay out in the sun (using sunscreen of course)
5. Call a friend or family member who you haven't talked to in a while
6. Play your favorite video game
7. Practice your favorite instrument
8. Create a drawing or painting



Out on the Town



1. Go to the movies
2. Check out a museum, local play, or aquarium
3. Find out what bands are playing near you and hit a concert with a couple friends
4. Play mini golf with friends or family
5. Go out lunch or dinner with someone you care about
6. Go out for coffee or ice-cream

Getting Active

1. Go for a walk or jog
2. Head to the park to practice a favorite sport with friends
3. Pack a lunch and take a scenic bike ride or hike
4. Walk the dog
5. Take a swim
6. Lift weights at the gym
7. Join a yoga class

