

Talk with a friend about the items on the list below. Put a checkmark by each of the items you've tried before. Put a star by each of the items you want to try.

- Listen to music
- Take a shower
- Text a friend
- Watch a movie
- Read a book
- Go for a walk
- Ride your bike
- Exercise
- Play with your pet
- Stretch your muscles
- Do yoga
- Meditate or pray
- Talk to a friend
- Go to the park
- Go to the mall
- Get a haircut
- Take a nap
- Go out with friends
- Go for a run
- Try a new activity
- Play board games
- Play card games
- Play a video game
- Daydream
- Go swimming
- Have friends over
- Trim your nails
- Visit a museum
- Eat dessert
- Take photos
- Make a playlist
- Do a puzzle
- Play with a sibling
- Watch funny cat videos
- Read a comic
- Watch the clouds
- Practice breathing exercises
- Walk barefoot in the grass
- Paint
- Make a bucket list
- Work outside
- Plant a garden
- Make a scrapbook
- Blow bubbles
- Look at family photos
- Snuggle under a cozy blanket
- Fly a kite
- Write in a journal
- Go hiking
- Watch birds outside
- Go to the library
- Write a poem or story
- Learn a new language
- Sing
- Dance
- Make a video
- Play an instrument
- Draw
- Laugh
- Volunteer in your community
- Turn off your phone or laptop
- Look at the stars
- Cook a meal