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Creative

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outdoors

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Virtual

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intellect

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Dabble in

MAKE A SCULPTURE OUT OF ALUMINUM FOIL	PICK UP 10 PIECES OF LITTER	TOUR A VIRTUAL MUSEUM	LEARN A FEW NEW WORDS IN ANOTHER LANGUAGE	DANCE (TRY A NEW STYLE OR A NEW MOVE)
OPEN TO A RANDOM PAGE IN YOUR FAVORITE BOOK AND ILLUSTRATE IT	SEE HOW HIGH OF A TOWER YOU CAN BUILD WITH NATURE MATERIALS	SHARE A PICTURE OF YOUR FAVORITE VPPR MEMORY OR PLACE	WRITE A JOKE AND POST IT ON A NEIGHBOR'S DOOR	TRY A DIFFERENT FOOD
CREATE SOMETHING WITHOUT USING YOUR HANDS	IDENTIFY 4 DIFFERENT TREES	Your Choice	CREATE A DREAM BOARD OR GOAL JOURNAL	MINDFULNESS (YOGA, COLORING, MEDITATE, BREATHING EXERCISES)
CREATE YOUR OWN PAINT FROM NATURE	MAKE UP A GAME TO PLAY OUTSIDE	LISTEN TO AN AUDIO-BOOK OR VIRTUAL STORY TIME	CALL UP A FAMILY MEMBER OR FRIEND AND CHAT	IMPROV COMEDY GAMES (THINK WHOSE LINE IS IT ANYWAYS?)
COOK OR BAKE SOMETHING STARTING WITH THE FIRST LETTER OF YOUR NAME	GO FOR A WALK AROUND YOUR BLOCK	HOST A DANCE PARTY FROM YOUR HOUSE	PLAY A BOARD GAME	BUILD A RUBE GOLDBERG MACHINE