

# THE BIG LIST OF HEALTHY ACTIVITIES!

- Ask for help
- Play a sport
- Snuggle your pets
- Create a playlist
- Start a new project
- Toss a ball against a wall
- Go stargazing
- Breathing exercises
- Paint
- Go for a run
- Bake something
- Make a comedy routine
- Spend time outside
- Call a friend or family member
- Take a walk
- Board games
- Color a picture
- Make a fort
- Ride your bike
- Dance
- Take a drive
- Write in a journal
- Go on an adventure with a friend
- Draw
- Dress up in a fancy outfit and take selfies
- Exercise
- Eat a snack
- Try some gardening
- Make a bucket list
- Start an art project
- Make plans for the future
- Go fishing
- Start a puzzle
- Lift weights
- Write a story
- Read an old favorite book
- Start a new book
- Go swimming
- Hit the gym
- Skateboarding
- Create a goal and steps to achieve it
- Write your stress on a paper and then rip it into pieces
- Go hiking
- Help someone with something
- Stretch it out
- Do some cleaning
- Listen to music
- Take a shower
- Sing
- Write some positive notes to yourself
- Meditation
- Go sledding
- Make a tiktok

# THE BIG LIST OF HEALTHY ACTIVITIES!

- Take a nap
- Make a poster for your bedroom door
- Try a new hairdo or style
- Watch a movie or favorite tv show
- Tie Dye a shirt
- Do a photoshoot with your friends
- Start a new hobby
- Play video games
- Teach your dog a new trick
- Wrap up in a blanket, burrito styles
- Photography
- Build train, plane, or car models
- Talk to a trusted adult
- Yoga
- Write a letter to your future self
- Snowboarding
- Code a website
- Apply for a part time job
- Rearrange your bedroom
- Scrapbook
- Play an instrument
- Camping
- Card games
- Search words on wikipedia and see how long it takes to get to the word "cheese"
- Volunteer
- Compliment yourself in the mirror
- Organize your closet
- Create some beats
- Skiing
- Watch a Ted Talk
- Roller skating
- Join an afterschool club
- Poetry
- Learn magic tricks
- Listen to a podcast
- Watch anime
- Go thrifting
- Watch the sunset or sunrise
- Learn to do a handstand
- Paint your nails
- Facetime a friend

**Reminder:** Don't let any one activity consume you. Give something new a try every once in a while. Even if you're not great at it, you might surprise yourself!

