

101 Activities To Enrich And Expand Your Life

1. Museums
2. A Play/performance
3. Hike
4. Art (finger paint, clay, paint, draw, mask making, collage, etc.)
5. Make someone a thank you card/gift
6. Put a model car, airplane, etc. together
7. Try a new restaurant
8. Make a new dish at home
9. Try a new food
10. Take a cooking class
11. Take Flying Lessons
12. Learn about a culture you don't know about
13. Walk labyrinth
14. Star gazing (outside or at the planetarium)
15. Take a class
16. Exercise (weights, swim, pilates, yoga, dance, jog, etc.)
17. Make up a dance to a favorite song
18. Collect rocks/paint rocks
19. Board games
20. Pool/ping pong

21. Listen to music
22. Attend a music event
23. Listen to new music
24. Listen to music you like
25. Learn to play an instrument
26. Make up a song and sing it
27. Hula Hoop
28. Go to toy store and see what catches your attention
29. Read your inner child a story book
30. Rock in a rocking chair
31. Call a friend
32. Invite a new person to tea or coffee
33. Massage, manicure, pedicure, hot tub
34. Volunteer at a place that inspires you
35. Jigsaw puzzle
36. Read a book
37. Bird watching
38. Snow shoe, ski, sledding
39. Read a magazine
40. Doodling
41. Spend time with a friend
42. Bowling
43. Hop scotch

44. Miniature golf
45. Do something spontaneous
46. Needlepoint, crochet
47. Write/read poetry
48. Write Haku
49. White Water raft/kayak/parachute
50. Book Club
51. Journal/write
52. Play cards
53. Crossword puzzle
54. Plant a garden
55. Zoo
56. Aquarium
57. Pecos Ruins
58. Native American dances
59. Carnivals, circus
60. Paint a room in your house a fun color
61. Re-do a room or space in your house
62. Adopt an animal/ Play with an animal
63. Road trip
64. Go to second hand store to find fun dress up clothes, funny hat, a new look
65. Climbing gym/ rock climbing
66. Improvisation / acting classes

67. Go to the parks and play on the swings/sliding board
68. Paint ball/Laser Tag
69. Join a club/group (Toastmasters, Rotary, book, etc.)
70. Roller skate/Ice skate
71. Horseback Riding
72. Play a sport/Learn a sport
73. Skip
74. Sing a silly song in the shower
75. Ride a bike
76. Learn a new language
77. Make up a new language
78. Dress up in something other than you would normally wear and go grocery shopping, meet a friend for dinner, etc.
79. Grab a camera and take yourself on an adventure, photographing things that interest you.
80. Treasure Hunt
81. Bubble Bath (Maybe buy yourself some bathtub toys to nurture your inner kid)
82. Build a sandcastle
83. Climb a tree
84. Fly a kite
85. Dress up and have a tea party with friends
86. Take on a new persona / character (somebody not like you) and stay in it for an hour, a few hours or all day
87. Walk backwards in public
88. Watch a child's movie such as "Finding Nemo" or "Monsters, Inc."

89. Make a collage of things you loved to do as a child. Add photos of you as a child. Hang it where you can connect to it.
90. Trip to Children's Museum
91. Learn to do bird calls
92. Talk about only positive things for one day
93. Pick something you enjoy eating and take your time enjoying and savoring it.
94. Shadow puppets.
95. Make sock puppets and put on a puppet show
96. Write a fairy tale about how your ideal day would look. Take one piece and be creative about fulfilling it.
97. Charades
98. Rock Hunting
99. Wade in a stream or river. Skip rocks.
100. Watermelon seed spitting contest
101. Tug of War with friends