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**play dough
or slime**

BUST IT OUT (OR MAKE SOME!)

**solve a
puzzle**

PICK ONE: JIGSAW OR WORD

**play a board
game**

UNO, CATAN, OR YOUR FAVE

**listen to a
podcast**

BRAINS ON, BUT WHY, TUMBLE

**build an epic
fort**

MAKE IT COZY WITH PILLOWS

**make
something**

PICK A CRAFT + MAKE IT

**do an
experiment**

FIND AN IDEA + DO IT

**play with
paper dolls**

COLOR, CUT, + PLAY PRETEND

make food

FIND A YUMMY RECIPE TO MAKE

build with boxes

CASTLE, FORT, CARDBOARD CITY

invent a game

MAKE UP A NEW BOARD GAME

play hide- and-seek

OR TRY SARDINES

take photos

TRY A PHOTO SCAVENGER HUNT

make art

TRY A DRAWING PROMPT

build with legos

FOLLOW INSTRUCTIONS OR
MAKE SOMETHING NEW

play dress-up

COSTUMES, CROWNS, CAPES

**do 5 nice
things**

MAKE A BED, FOLD LAUNDRY,
WRITE A THANK-YOU NOTE

**design a
postcard**

THEN MAIL IT TO SOMEONE

paint rocks

LEAVE THEM FOR SOMEONE TO
FIND

**plan a
treasure hunt**

COME UP WITH TRICKY CLUES!

**go for a
walk**

TRY A NATURE SCAVENGER HUNT

**have a
picnic**

PACK A LUNCH + EAT OUTSIDE

play catch

THROW A BALL OR A FRISBEE

**make
sidewalk art**

GET CREATIVE WITH CHALK

design a course

MAKE AN OBSTACLE COURSE

make a bird feeder

THEN WATCH WHO SHOWS UP

camp in the backyard

FILL YOUR BACKPACK + PUT UP A TENT

listen to a book

FIND A FUN AUDIOBOOK

read a book or magazine

GRAPHIC NOVELS + COMIC BOOKS COUNT!

write a story

THEN ILLUSTRATE IT YOURSELF

send a letter

SAY "HI" TO SOMEONE YOU KNOW

write a play

DESIGN THE SET + PUT ON THE SHOW

**make a
newspaper**

PRETEND YOU'RE A REPORTER

**write in a
journal**

OR DRAW IN A JOURNAL

**turn on
sprinklers**

THEN PLAY FREEZE TAG

**fill water
balloons**

PLAY TOSS OR DUKE IT OUT

**wash the
car**

MAKE IT SHINE

take a bath

TRY BUBBLE BATH + A PODCAST

**watch a
documentary**

BIGGEST LITTLE FARM,
SPELLBOUND, CHASING CORAL

**watch mister
rogers**

PLAY LEGOS OR MAKE ART WHILE
YOU LISTEN

**watch a
book**

WATCH A VIDEO VERSION OF A
BOOK

**listen to an
actor**

LISTEN TO A BOOK READ ALOUD

**listen to an
author**

LISTEN TO A BOOK READ ALOUD

**go on a
safari**

PULL UP A ZOO WEBCAM

**pick a new
class**

LEARN ABOUT SOMETHING NEW

**chat by
video**

CALL A FRIEND OR RELATIVE

**play a brain
food app**

PLAY SOMETHING THAT USES YOUR
BRAIN

do yoga

FIRE UP A YOGA VIDEO + DO A FEW
POSES