

- Draw or paint
- Cook a healthy meal
- Journal
- Make a Blog
- Visit a friend
- Walk in the park
- Learn a new subject online
- Read a book
- Exercise at home
- Go for a bike ride
- Call a friend/family member
- Join a book club
- Do a puzzle
- Knit/crochet/sew
- Color
- Go to church/place of worship
- Organize a room
- Go to a support group
- Take a bubble bath
- Window shop
- Bake a dessert
- Join a choir
- Play a board game/cards
- Go for a jog
- Go to a movie
- Garden at home
- Join a community garden • Play an instrument
- Go out to dinner
- Do a craft
- Play with your children • Volunteer
- Go to the gym
- Explore a museum
- Visit the library
- Be a tourist in your hometown
- Do a crossword
- Pick up an old hobby you've stopped • Go to a concert
- Listen to a podcast
- Join a fantasy sports league
- Learn photography
- Visit the zoo
- Practice origami
- Make a time capsule

- Go geocaching
- Clean up the neighborhood
- Fly a kite/paper plane
- Rearrange your furniture
- Build a fort with your kids
- Make a family tree
- Go swimming
- Play with shelter animals
- Play Frisbee
- Attend a community class
- Have a snowball fight
- Take a dance/exercise class
- Have a barbecue
- Go to an aquarium
- Go to a yoga class
- Join a community sports league