



Exciting things for Adults to do

*Activities that
bring joy*

Sunrise Solo Date

Wake up before dawn, pack a thermos of tea or coffee, and go watch the sunrise from a quiet spot.

What thoughts come to you in the stillness?

Lost Art Revival

Try an old-fashioned skill like calligraphy, letter-writing, whittling, or sewing. Imagine you're living in a different era—what would your craft be?

Walk Without a Destination

Head outside with no map and no plan. Let curiosity guide you—turn when you feel like it, stop when something catches your eye. Where do you end up?

Silent Walking Experiment

Go for a walk without speaking, listening to music, or checking your phone. Just observe and take in the world. What details do you notice that you usually miss?

5-Senses Walk

Take a slow walk and focus on one sense at a time. What's the most interesting sound, smell, sight, touch, or taste (if you stop for a snack)?

Random Acts of Surprise

Write kind notes or funny doodles on sticky notes and leave them in public places.

You can leave them inside books, on benches, or near a bus stop. Imagine a stranger finding one.

Recreate a Childhood Moment

Think of something you loved doing as a child—climbing trees, playing in the mud, building a pillow fort. Do it again. How does it feel now?

Café Sketching Challenge

Sit at a café and secretly sketch the people around you.
Capture their expressions, postures, or the mood of the place.

Handwritten Letter to the Past or Future

Write a letter to your younger self or your future self. What wisdom would you share? What dreams would you remind yourself of?

Go Somewhere

Unfamiliar for Lunch

Choose a restaurant or café you've never been to, even if it's slightly outside your usual comfort zone. What's the most surprising part of the experience?

Memory Lane Walk

Visit an old neighborhood, school, or park you used to love. What's changed? What memories come flooding back?

One-Day Minimalist Challenge

Go a full day without social media, unnecessary purchases, or distractions. Just be present with what you already have. How does it change your mood?

The Reverse Bucket List

Instead of listing what you want to do, write down the incredible things you've already done. What would your younger self be amazed by?

DIY Random Word Poetry

Open a book or magazine to a random page, pick out five words, and turn them into a poem. Let your creativity flow

Follow a Child's Curiosity

If you have a young child in your life, let them lead an adventure for the day. Follow their interests, ask their questions, and see the world through their eyes.

Turn Your Home Into a Mini Museum

Find objects in your home that hold special memories. Arrange them like an exhibit and ‘tour’ your own personal history.

The One-Sentence Journal

For one week, write just one sentence at the end of each day that sums up your experience. What patterns emerge?

Create a Fake Holiday and Celebrate It

Invent a holiday just for fun - maybe it's 'No Socks Day' or 'Read Under a Blanket Day.'

Celebrate it fully!

Try an Opposite-Hand Day

Use your non-dominant hand for simple tasks all day - brushing your teeth, eating, or writing. What does it feel like?

Create a Soundtrack for Your Life

Make a playlist of songs that represent different phases of your life. What music defines your journey so far?