



adventure

1. **Have a picnic.** Pack a picnic and head to the park, beach, or an outdoor concert.
2. **Write with sidewalk chalk.** Leave a positive message for someone to find.
3. **Look at the stars.** Download a star map online to help you find the different constellations.
4. **Visit the library.** Check to see if there are any events happening that you'd like to attend.
5. **Swing on a swing set.** Find a park you've never been to for this one.
6. **Try something new.** Sign up for a workshop or teach yourself that craft you've always wanted to learn, check out a new restaurant, or visit a city you've never been to.
7. **Have a slumber party.** Rent a bunch of movies and stock up on junk food!
8. **Try a new recipe.** Check what's in season during the summer in your area and try a new recipe featuring that fruit or vegetable. See #22.
9. **Walk barefoot.** When's the last time you felt grass or sand between your toes?
10. **Make a blanket fort.** Do this in conjunction with #7.
11. **Photograph a flower.** Look in your own yard/neighborhood or visit a botanical garden.
12. **Eat a popsicle.** Pick up your childhood favorite or make your own.
13. **Wear a flower crown.** DIY: make a daisy chain flower crown.
14. **Write a haiku.** A haiku has seventeen syllables, in three lines of five, seven, and five.
15. **Play a board game.** Try: Deception, Dixit, Codenames, Telestrations, Werewolf.
16. **Paint.** Play around with watercolors, oil paints, or gouache. If you don't have supplies, borrow from an artistic friend.
17. **Sit under a tree.** Bring a book, see #24.
18. **Write a letter.** Join The Random Love Letter Challenge atiliay.com/randomloveletter
19. **Dance.** In your living room, have a night out on the town, or sign up for a class.
20. **Re-read a favorite book.** Then lend the book to someone so they can enjoy it too.
21. **Go for a walk.** Take your dog if you have one.
22. **Visit a farmer's market.** Buy something you have never tried before--ask the vendor for suggestions on how to cook/eat it.
23. **Make s'mores.** Or try a s'mores inspired recipe like s'mores fudge or cupcakes.
24. **Go on a bike ride.** Or roller blade, roller skate, or skateboard.
25. **Make plans with a friend.** Meet up with a social media friend and turn screen time to face time.
26. **Visit a museum.** Find one in your state at greatmuseums.org/find_a_museum
27. **Spend a day unplugged.** No phone, computer, TV, emails, social media, etc.
28. **Draw or doodle.** Try a one line drawing without lifting your pencil.
29. **Photograph the sky.** Capture the sky during different times of the day.
30. **Taste a new fruit.** Find something at #22.
31. **Make a collage.** Incorporate some of your photos from #11 and #29 or make a vision or mood board.

This list is a collaboration with everyday adventurer, artist, and storyteller, Sarah Shotts. For more adventure inspiration, you can find her at [@SarahdShotts](https://twitter.com/SarahdShotts) and <http://microventu.re>