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## Spring Activities To Do

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As the temperature finally starts to heat up and some leaves appear on the trees, get outside! We have such an incredible planet with beautiful environments, regardless if you live in the city, suburb, or the great outdoors. At Mali Mali®, we have a few suggestions for fun activities in the spring.

- Start at a garden
  - A great way to boost your mood is by getting your hands dirty and planting a few flowers and vegetables. Great things to grow include tulips and tomatoes.
- Visit the park
  - If you do happen to live in the city and finding space to garden is difficult,
    then another great way to immerse yourself in nature is visiting a park near you and taking a nice jog.
- Go on a picnic
  - Finally, it can be fun to go picnicking with a couple of friends on the weekend. (P.S. - Added benefits of picnicking include improving one's mood.)

But whatever you do, we hope you enjoy the early spring!

As always, be well, do good.™

The Mali Mali® Team

