

# 72

## new things to do

<b>Health &amp; Wellbeing</b>	Try a new sport	Go on a bike ride	Cook a healthy meal	Try meditation	Go for a picnic in the park	Spend time in nature	Go to a yoga class	Cut out a bad habit
<b>Travel</b>	Visit a transport museum	Visit another city	Tour a football stadium	Take a picture with a landmark	Go on a coach trip	Take part in a virtual tour	Send a postcard to a loved one	Visit a cathedral
<b>Relationships</b>	Go on a date night	Start a social media account	Host a games night	Go bowling with friends	Go to a party	Visit a loved one	Make a new friend	Share a meal with a loved one
<b>New life opportunities</b>	Go on an adventure day	Create a bucket list	Go on a ghost tour	Have a spa day	Visit a food festival	Go for afternoon tea	Go to a live sports event	Visit a television or film set
<b>Arts &amp; crafts</b>	Make or decorate a tote bag	Arrange some flowers	Visit a craft club	Design a celebration card	Make a Christmas decoration	Make a photo collage	Hand make a gift for someone	Make a clay model
<b>Community</b>	Raise money for a good cause	Clean up a local space	Donate to a food pantry	Go to a community festival	Volunteer your time	Help out a neighbour	Support somebody in need	Attend an Options event
<b>Culture</b>	Act in a play	Go to a live music event	Have a karaoke night	Go to a comedy show	Go on a street art tour	Visit a local market	See a light show	Support a local restaurant
<b>Responsibilities</b>	Declutter	Vote in an election	Create a cleaning schedule	Fix something that's broken	Visit the dentist	Create a budget	Decorate a room	Make a weekly meal plan
<b>New skills</b>	Take a cooking class	Learn to replace a button	Start a herb garden	Take a swimming lesson	Learn to use a computer	Replace a light bulb	Improve your gardening skills	Learn to use a new household appliance