

# Choose Your Own Action Adventure

We know that doing things will help you feel better. Start small and build up over time.

Pick your favorite 3-5 activities from each category. Every day, pick an activity from you list to try for at least a few minutes.

Fun	Proud	Connect
<input type="checkbox"/> Watch a funny video	<input type="checkbox"/> Practice a sport or skill	<input type="checkbox"/> Hang out with a family member or friend
<input type="checkbox"/> Sing, dance or listen to music	<input type="checkbox"/> Create an art/craft project	<input type="checkbox"/> Call or text a family member or friend
<input type="checkbox"/> Ride a bike, skateboard or scooter	<input type="checkbox"/> Play a musical instrument	<input type="checkbox"/> Join a club or after-school activity
<input type="checkbox"/> Go on a hike or walk	<input type="checkbox"/> Organize an area of your room	<input type="checkbox"/> Help someone with something
<input type="checkbox"/> Go to a playground or park	<input type="checkbox"/> Read	<input type="checkbox"/> Interview someone about their life story
<input type="checkbox"/> Take a bath, shower or do some other self-care	<input type="checkbox"/> Take something apart and put it back together	<input type="checkbox"/> Do an activity like baking, crafts, or a board game with someone else
<input type="checkbox"/> Collect something you like	<input type="checkbox"/> Solve a puzzle	<input type="checkbox"/> Plan a fun activity with a friend (movie night, sleepover, etc.)
<input type="checkbox"/> Screentime	<input type="checkbox"/> Build something	<input type="checkbox"/> Write someone a note
<input type="checkbox"/> Nails and makeup	<input type="checkbox"/> Learn about something new	<input type="checkbox"/> _____ (Write in your own)
<input type="checkbox"/> Draw or write about your perfect trip or party	<input type="checkbox"/> Do something you've been putting off or meaning to do.	
<input type="checkbox"/> _____ (Write in your own)	<input type="checkbox"/> _____ (Write in your own)	