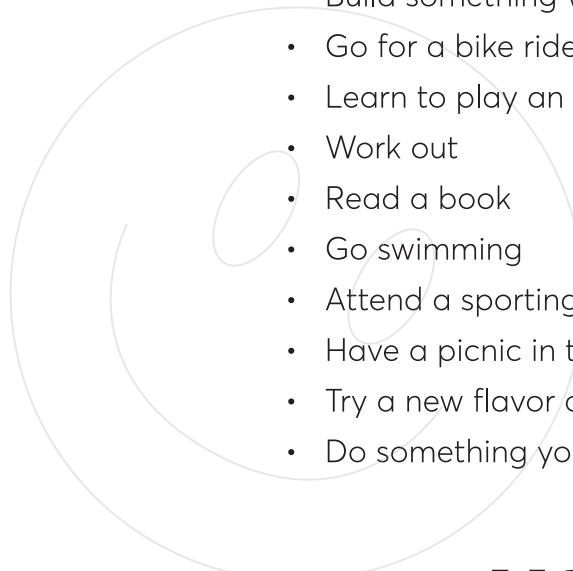




DO SOMETHING FUN

Sometimes, we need to put the phone down, turn off technology, and just – have – fun!

Create a bucket list of things you could do for fun. If you need help getting started, use the list below. Make it a goal to do at least one fun thing a day.

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- Play a board game
 - Shoot hoops with a friend
 - Complete a puzzle
 - Go for a walk or a run
 - Try a new recipe
 - Build something with Legos
 - Go for a bike ride
 - Learn to play an instrument
 - Work out
 - Read a book
 - Go swimming
 - Attend a sporting event
 - Have a picnic in the park
 - Try a new flavor of ice cream
 - Do something you've never done before

NOW GO DO IT!