**Summer 101**

1. Watch a favourite movie
2. Take a photo of something that makes you smile
3. Try out some mindfulness
4. Go for a walk in nature
5. Learn to bake a cake
6. Leave a positive message for someone to find (you could write it on a stone and leave it in a park)
7. Write down 3 things that make you happy or that you are grateful for each day
8. Try some yoga – if you’ve never tried yoga before, search “beginners yoga” on YouTube
9. Make dinner for someone
10. Call a grandparent or an older person who you aren't able to see as much
11. Borrow a pet from a friend or neighbour for cuddles
12. Make a music playlist
13. Grow your own herb garden or buy an indoor plant to take care of
14. See the sea
15. Pick up rubbish
16. Take your dog for a walk, or if you haven’t got your own dog, borrow a friends and take it!
17. Turn off digital devices for a day (or if you really can't last that long, try for a morning instead!)
18. Visit a castle – most are opening soon, but if not there are plenty of outdoor spaces around castles to visit
19. Dance in the rain
20. Find a pen pal
21. Arrange a virtual house party
22. Play a board game
23. Do a facemask – you could ask your friends to join you on Zoom
24. Leave a positive comment on a social media page
25. Learn basic first aid
26. Read or listen to a book not connected to your studies
27. Camp in your back garden
28. Explore a new podcast
29. Share stories with neighbours  
30. Start a virtual book club  
31. Have a water fight  
32. Have a luxurious bath with candles and a bath bomb  
33. Organise your photos - print some out and make a wall collage  
34. Educate yourself on race (there are some good books to help you – Watch us rise by Renée Watson & Ellen Hagan, Dear Martin by Nic Stone, The hate u give by Angie Thomas)  
35. Cook one of your favourite foods  
36. Research your family tree  
37. Feed the ducks  
38. Try a new fitness video  
39. Make a homemade pizza  
40. Let someone in front of you in a queue  
41. Learn a new language  
42. Plant some wild flowers  
43. Start the Couch to 5K programme (from sofa to running)  
44. Start a blog  
45. Text a friend to say you're thinking of them  
46. Make a list of all the places you want to visit in the world  
47. Paint your nails  
48. Acknowledge a difficulty  
49. Make some cocktails or mocktails – ask your friends to do the same via Zoom  
50. Try some online volunteering  
51. Do a jigsaw  
52. Start a journal  
53. Speak to elder in your family about your family history, or give them a chance to tell you some stories from the past  
54. Take a break  
55. Have a cosy evening in – think about your comfiest pyjamas, a good movie, some chocolate and candles  
56. Give a book recommendation to a friend and ask for one back  
57. Find a new YouTuber to subscribe to
58. Make a positive Tiktok
59. Take a gift to keyworkers
60. Reorganise your wardrobe – donate clothes you haven’t worn for ages to charity, making space for some new clothes that fit your mood
61. Buy flowers for a neighbour
62. Learn to play a musical instrument.
63. Fly a kite
64. Buy a new moisturiser
65. Arrange a walk with a friend
66. Lie and watch the stars
67. Sing
68. Spend a morning at an animal shelter
69. Wash your make up brushes
70. Give a compliment to someone
71. Paint a picture
72. Learn about another culture – try some foods, learn about their traditions and religion
73. Hold the door for someone
74. Take in a sunset or sunrise
75. Write down 5 positives about a friend and give the list to them
76. Borrow a Nerf gun and have a Nerf gun fight
77. Plan a scavenger hunt
78. Make a 2020 time capsule
79. Write a letter to your future self
80. Get in touch with an old friend
81. Learn sign language
82. Tell someone you love them
83. Do a pub quiz (can be virtual)
84. Watch a childhood favourite movie
85. Have a picnic
86. Watch happy pet videos on YouTube
87. Go through some old photos
88. Reflect on some of the positives that lockdown has brought for you
89. Find your favourite scent
90. Go fruit picking
91. Learn how to say hello in 5 languages
92. Go to a museum or have a virtual museum tour
93. Create a scrap book
94. Learn a new card game
95. Sunbathe safely
96. Tie dye an old t-shirt
97. Read a book to someone who can’t read
98. Take an ice cream to the park
99. Send a care package to someone you miss
100. Donate some food to the food bank when you go shopping
101. Get an indoor plant to take care of