

## Live Your Best Summer Ever

If you missed the playshop, we put together a list of activities that you might like to try this summer. We put them into categories so that it will be easier to have fun!

### When you have 5 - 15 minutes:

stretch  
turn phone off  
pick flowers  
have tea or coffee  
have a glass of lemonade or ice tea  
talk to a friend  
paint your nails  
lay down and relax  
brush your hair  
read the paper  
have a nap  
read a magazine  
day dream  
do breath meditation  
talk to a stranger  
compliment someone you don't know

### When you have 30 minutes:

journal  
listen to music  
walk in the park  
have a glass of wine  
pick blueberries  
take a bath  
cook something delicious  
have coffee with a friend  
sew  
have a nap  
garden  
make sangria  
take pictures  
play with the cat  
make yogurt popsicles

### When you have 1 hour:

sit under a tree with ice cream  
read a book  
go swimming  
walk in the park  
sit on the deck with a caeser  
dance  
ride your bike  
roller blade  
get a massage  
get hair done  
nap  
bake something yummy  
get a pedicure  
get a manicure  
do yoga  
take dance lessons  
make love  
walk the dog  
water balloon fight  
talk to a friend  
sun tan  
write a letter  
rent a tandem bike at the Forks

### When you have 1/2 a day:

picnic in the park  
visit an art gallery  
play with nephew/niece  
fly a kite  
have a bonfire  
go to a museum  
take the boat tour at the Forks  
try the go-carts  
attend a football game  
attend a baseball game

When you have a whole day:

go to the beach

go canoeing

downhill skiing

take a hike

learn how to kayak

horseback riding

invite friends over for a barbeque

do a bike tour

go to the zoo

go to the Forks

attend a summer festival

hike in the Carbury Desert

visit provincial parks

go sailing

spa day - alone or with friends

garden

motor biking

geo caching

take a road trip

to to a waterslide park

These are just a few ideas for you to try! Hopefully this list will spark your imagination and get you thinking about some of the things that would help you

**Live Your Best Summer Ever!**