

Ideas

EXPLORE YOUR NEIGHBORHOOD

- Run an errand.
- Ride your bike someplace. Or no place.
- Walk to a friend's.
- Visit a neighbor.
- Cross a street.
- Take a bus, train or ferry.
- Go to the library.
- Make a scavenger hunt.

HEAD TO THE KITCHEN

- Make yourself a snack.
- Find a new recipe and try it on your own.
- Bake cookies or a cake.
- Boil water and make pasta.
- Pack your own lunch.
- Make breakfast for your family.
- Make dinner for your family.

HAVE FUN WITH FRIENDS

- Get ice cream.
- Have a sleepover.
- Go out to lunch or dinner.
- Start a club.
- Wash the car.
- Wash the dog.
- Plan a neighborhood event.
- Lemonade stand or yard sale
- Play outside with something you usually play with inside.

HELP OUT AROUND THE HOUSE

- Take out the trash for a week. (Or 52!)
- Clean your room. Clean another room!
- Do the dishes.
- Do the laundry. Includes folding!
- Sweep or vacuum.
- Reorganize a cabinet or closet. (Bonus: You will discover something cool. We promise.)

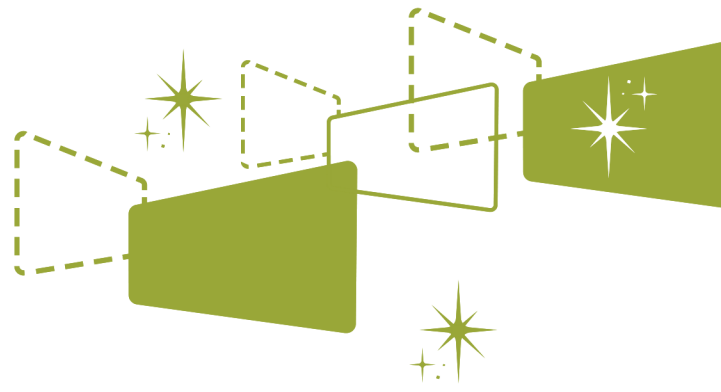
INCREASE YOUR RESPONSIBILITY

- Make your own haircut or dentist appointment.
- Mow the lawn.
- Make a shopping list and shop.
- Stay home alone.
- Take cousins or siblings someplace.
- Also bring them home.

CHALLENGE YOURSELF

- Paint a room.
- Camp outside.
- Find a part-time gig.
- Have a no TV or electronics day.
- Volunteer.
- Go someplace you don't fit in...and stay there a while.

DO ONE,
DO THEM ALL,
Grow



My Ideas

MY MIDDLE SCHOOL DAY/WEEK

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THINGS TO TRY LOCALLY

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