

Calendar of Fun!

Escape with a Good Book (Read a paper one, download one or listen to one)	Make some Popcorn & Watch a Movie	Dirty Dog Day (Walk & Wash Your Dog)	Get Sporty (learn a new sport or practice one you already know)	Pamper Yourself (Have a bath, paint your nails, try a face mask, dress up in your favourite clothes or relax in your PJs)	Be inspired by our Paralympians (Try seated volleyball with a balloon, cheering on a champion, getting dressed with your eyes closed, using your non-dominate hand only to make lunch)	Dance Like No One is Watching (Share your dance moves with a friend)
Ring an Oldie (Ring someone at least 20 years older than you. Get them to tell you about what life was like when they were your age)	Ring an Isolated Friend & Tell Them Some Jokes	Try a New Food Combination (eg apple on a toasted sandwich or vegemite on pancakes)	Get into Nature Photography/Filming (Research any plants or animals you find that you don't know about)	Bake your Favourite Treat	Trick Shot Challenge (eg Try shooting your socks into a laundry basket or your drawer)	Have a Room Clean Out (Think about who you can pass on unwanted items to)
Become a Human Plank (Plank for as long as you can. Try and improve your time each day)	Upcycle Something (Find old things that are no longer used, make something new from them)	Doodle (Think about a fun topic you could draw about)	Learn Some Cool Card Tricks (Research some card tricks and trial them on your family)	Old School Games (Try hand ball, skipping, marbles, elastics or jacks)	Do a Random Act of Kindness (eg make your caregiver a cup of tea/coffee or ring someone just to tell them you love them)	Create a Dream Board (Fill it with goals, hopes and inspirational images. Put it up in your room)
Grow a Pizza Herb Garden (Plant tomatoes, basil, parsley and oregano. Make a fresh pizza when it's grown)	Get Creative with Chalk (use chalk to draw on the pavement or driveway – be creative!)	Create Some Shadow Art (Find your shadow and use rocks or leaves to decorate it)	Stretch it Out (Do some yoga poses, practice stretches you've previously learned or just get up and move)	Make a Rap Encouraging Positive Action (Pick a topic that is current. Create a rap to inspire people to make it better)	Remember the Good Times (Look through old photos/videos. Try to remember the fun and silly things that were happening at the time)	Write a Letter to Someone you Admire (Someone famous, a friend or family member or yourself. Try and deliver it)
Try Origami (Research how to make cool items out of paper)						