

# 25 Ways to Unplug • Connect • Thrive



- 1  Dance
- 2  Go for a walk
- 3  Play a board game
- 4  Clean your room
- 5  Do some journaling
- 6  Build a puzzle
- 7  Be with friends
- 8  Do some yoga
- 9  Cook a meal
- 10  Explore a park
- 11  Visit the library
- 12  Get outside
- 13  Play some music
- 14  Do some coloring
- 15  Have a playdate
- 16  Read a book
- 17  Take a bike ride
- 18  Create something
- 19  Have a picnic
- 20  Play with pets
- 21  Build a pillow fort
- 22  Take deep breaths
- 23  Just sit and think
- 24  Play a card game
- 25  Try something new!

