



BUCKET LIST



75+ BRAINSTORMING IDEAS

SELF CARE

- Personal care (hair, nail, makeup)
- Massage /reiki
- Soaking in a tub/shower
- Pleasure reading
- Night out with friends
- Volunteer
- Exercise (**DRUMS ALIVE**) hint hint**
- Quiet Time
- Walking on a beach
- Journaling
- Taking a nap
- Committing to 7-8 hrs of sleep EVERY night
- Coffee/Lunch dates with friends
- Try a NEW class

RECREATION

- Bird watching
- Hiking
- Bike riding
- Waterskiing /Tubing
- Parasailing
- Kayaking/canoeing
- Fishing
- SUP
- Surfing
- Zip lining
- Camping
- Horseback riding
- Jet skiing

DAYTRIPS

- Watch a parade
- Baseball game
- Farmers market
- Feed the ducks
- Get lost (Penny Date)
- Concert
- Pick Strawberries
- Go Bowling
- Visit Museum
- Visit a Zoo
- Visit the Aquarium
- Geocaching
- Splashpad
- go to the Beach
- Collect shells/ rocks
- Chase an ice cream truck
- Sunset cruise
- Mini golfing
- go to a drive-in theater
- go to an Amusement park
- Have picnic lunch

THEMED DAYS

- Backwards day
- PJ day
- Family service day
- Game day
- Movie theme day (harry potter (kids) rocky horror (adults))
- Scavenger hunt

SCHEDULED / PRE-PLANNED

- Summer work
- Vacation
- Doctors appts
- Professional Development
- Summer camps
- Sports/games
- Family commitments

AT- HOME

- Contest – watermelon eating, three leg race, pie eating, etc...
- Root beer floats
- S'mores (camp fire)
- Art projects
- BBQ
- Lemonade stand / fresh lemonade
- Host a party
- Make a pie
- Indoor campout
- Running in the sprinkler
- Freeze tag (playground games)
- Catch fireflies (lightening bugs)
- Outdoor movie night
- Make a kite /fly a kite
- Cool science experiments
- Water balloon fight