

AT HOME IDEA CHECKLIST

IDEAS TO KEEP YOU BUSY

CURATED BY THE KINGS COUNTY RECREATION TEAM

- ORGANIZE SOMETHING IN YOUR HOME
- MAKE A GRATEFUL LIST
- DO A BRAIN GAME
- LISTEN TO A NEW PODCAST
- SUPPORT A LOCAL BUSINESS
- DO A PUZZLE
- DO SOME SELF CARE
- MAKE SOMETHING WITH PULSES
- TAKE A PICTURE OF A SUNRISE OR SUNSET
- TAKE A WALK OUTSIDE
- COLOUR
- PRACTICE MINDFULNESS
- PURGE A CLOSET
- COMPLETE A CARD DECK CHALLENGE
- TRY GOAL SETTING
- CLEAN A HARD SPOT TO REACH
- PRACTICE YOGA
- TRY A DIY PROJECT
- BAKE SOMETHING YUMMY
- CHECK IN ON A LOVED ONE
- HAVE A DANCE PARTY

SEND YOUR COMPLETED CHECKLIST TO

RECREATION@COUNTYOFKINGS.CA FOR A CHANCE TO WIN A PRIZE!