Ideas to Unwind on the Weekend

Ordinary & Happy

AT-HOME

- Have an at-home spa and movie night.
- Display art and photos around the house.
- Light scented candles.
- Make iced tea & drink on the porch/patio.
- Rearrange a room.
- Organize a closet.
- Set up a home theater for movie nights.
- Host an online meetup with friends.
- Make a family photo album.
- Do some online shopping.

SOCIAL

- Go to a local fair.
- Host a game night.
- Join a knitting or crafting circle.
- Try a new coffee shop with friends.
- Join a park volunteer day.
- Go for brunch with friends.
- Go to a board game cafe.
- Host an online trivia night.
- Go to a guitar playing get-together.
- Join a coffee and walking group.

INDOOR

- Have a tea party.
- Do some sewing or crocheting.
- Watch a comedy special.
- Take a calligraphy course.
- Tend to your indoor plants.
- Refresh a wall/door frame with fresh paint.
- Listen to an podcast.
- Organize your digital photos.
- Have a planning afternoon.

OUTDOOR

- Take photos of nature.
- Sit by a lake.
- Join a foraging group.
- Go to a nature reserve.
- Go for a beach walk.
- Sketch nature on a park bench.
- Do some outdoor journaling.
- Visit an orchard.
- Go to a botanical garden.
- Read in a hammock.

RELAXING

- Listen to your favorite music.
- Play a video game.
- Take a bath with essential oils.
- Go for a leisurely walk
- Do some gardening.
- Sit on the patio in the nice weather.
- Go for a drive at sunset.
- Meditate in a quiet space.
- Join a sunset stretching group.
- Go to a gratitude meetup in a park.

CREATIVE

- Go to an art gallery.
- Take a sculpting class.
- Start a collection.
- Have a scrapbooking afternoon.
- Make wind chimes.
- Mix music.
- Upcycle old clothes.
- Make a home decor inspiration board.
- Have a jewelry-making afternoon.
- Paint a landscape.

ACTIVE

- Go for a scenic bike ride.
- Dance at home.
- Go swimming.
- Go to a pilates class.
- Play badminton with friends.
- Take your dog for a scenic walk.
- Go geocaching.
- Take an online hula hooping class.
- Go for a beach run at sunset.
- Hike to a scenic viewpoint for sunset.

3-MONTH WEEKEND PLANNER

MONTH		MONTH		MONTH	
SAT	SUN	SAT	SUN	SAT	SUN