

# 7 Days of **Trying New Things** for **February 8-14**

..... Ordinary & Happy .....



<b>SUN</b>	<b>8</b>	<b>Host a football watch party (or a movie night).</b> <i>If you don't want to watch the game tonight, just invite some friends over. Watch a new movie, play a new board game, or just have a chat.</i>	<input type="checkbox"/>
<b>MON</b>	<b>9</b>	<b>Have a 'what I learned today' conversation at the dinner table.</b> <i>This can be a fact or something school or work-related. However, if it's been an ordinary day and you can't think of something, use a word or scenario to anchor it. You could say 'what a challenge from today taught you about yourself', for example.</i>	<input type="checkbox"/>
<b>TUE</b>	<b>10</b>	<b>For 10 minutes, look at anything else in your house instead of a screen.</b> <i>Look at art or photos in your home. Observe the detail or craftsmanship of an everyday object. Or, look out of the window and observe your surroundings.</i>	<input type="checkbox"/>
<b>WED</b>	<b>11</b>	<b>Choose a place and figure out how you would get there without driving.</b> <i>Try a town or city in your country or region, and figure out the bus or train routes. Make it really tough by choosing a remote place in another country.</i>	<input type="checkbox"/>
<b>THU</b>	<b>12</b>	<b>Watch a movie in a different language.</b> <i>You can use this as an opportunity to learn a new language or to experience film and culture from another country.</i>	<input type="checkbox"/>
<b>FRI</b>	<b>13</b>	<b>Write and send a postcard to a friend who lives in another city or country.</b> <i>This can be a really fun and unexpected surprise for them. If it's been a while, write about life, what's been going on, and see if they send one back.</i>	<input type="checkbox"/>
<b>SAT</b>	<b>14</b>	<b>Say 'I love you' in a different language.</b> <i>Use online videos to get the pronunciation right. Try more than one and make it a fun activity.</i>	<input type="checkbox"/>