Things to Do at the Park for a Simple, Relaxing Day

Ordinary & Happy

RELAXING

- Journal on a park bench.
- Go for a relaxing walk and be present.
- Learn the names of flowers and plants you see.
- Make mandala art out of leaves and flowers.
- Practice juggling or another fun activity.
- Do some light stretching.
- Visit at sunrise or sunset (if safe).
- Skip stones in a river or pond.
- Volunteer for a clean-up walk.

ENJOYABLE

- Organize a fun team-based game, like frisbee.
- Organize or join a group workout class.
- Walk your dog.
- Fly a kite in an open space.
- Go for a photography walk and look for interesting nature.
- Have a picnic with games and music.
- Sit beneath a tree and listen to the sounds of nature.
- Join a running group.
- Join an outdoor stretching or pilates class.

SOLO

- Read a book under a tree.
- Record the sounds you hear.
- Sketch the wildlife you see.
- Play chess at a picnic table.
- Collect leaves and flowers (if allowed) for homemade crafts.
- Create leaf or rock rubbings with tracing paper and crayons.
- Paint a watercolor painting.
- Spot shapes in the clouds.