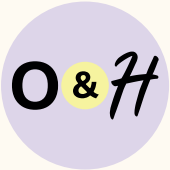


Creative Activities

for October



S	M	T	W	T	F	S
27  Ordinary & Happy	28 	29 ♦ 	30 ♦	1 Make a vision board for the month.	2 Imagine you won an award & give a 1-min speech.	3 Take fall-themed photos with family or friends.
4 Try a new recipe for brunch at home.	5 Take a different route to and from work.	6 Re-arrange the furniture in the living room or bedroom.	7 Doodle for 15 minutes.	8 Try nature journaling.	9 Set a timer for 15 minutes and write down ideas for a book.	10 Take a craft class (like pottery or embroidery).
11 Work on a big puzzle.	12 Try a fun new skill (like juggling or calligraphy).	13 Learn something about a topic you know little about.	14 Try gratitude journaling.	15 Learn a magic trick.	16 Try a coloring book for adults.	17 Create a themed playlist (e.g., decade-themed, mood-based).
18 Decorate the house for Halloween.	19 Start a collection of postcards.	20 Set a timer for 15 min & write down as many positive thoughts as possible.	21 Take a fun cooking class (e.g., sushi-rolling class).	22 Try morning or evening journaling.	23 Solve some brain teasers.	24 Try an at-home science experiment kit.
25 Upcycle a piece of furniture at home.	26 Make a handmade postcard and send it to a friend.	27 DIY a fun costume for Halloween.	28 Learn five words in another language.	29 Work on a photo gallery wall with fall photos.	30 Try a new packed lunch recipe.	31 Make a creative Halloween appetizer.