

## 50 THINGS I CAN DO BY MYSELF

1. Stretch and yawn.
2. Exercise and sweat.
3. Write or draw in my journal.
4. Write or draw a story.
5. Listen to music.
6. Sing a song.
7. Dance.
8. Snuggle with a favorite pet or stuffed animal.
9. Play hopscotch.
10. Look at a picture book.
11. Read a book.
12. Look through photo albums.
13. Build something.
14. Play a musical instrument.
15. Bang on pots and pans.
16. Watch and feed the birds.
17. Skate (roller, in-line, or ice).
18. Clean my room.
19. Cry. Laugh. Feel my feelings.
20. Write or draw a list of things I want to do. Choose something to do tomorrow.
21. Take a nap.
22. Make a fort.
23. Find a private place to call my own. Go there.
24. Be my own best friend.
25. Daydream.
26. Sit quietly and listen to the sounds of silence.
27. Clean the yard or pick up litter.
28. Sculpt something out of clay.
29. Think.
30. Play with my favorite toy.
31. Watch the clouds.
32. Take a walk.
33. Take a bike ride.
34. Shoot baskets.
35. Take a deep breath. Do it again.
36. Think about my favorite place in the whole world. Go there in my imagination.
37. Do a puzzle.
38. Make a paper airplane.
39. Talk to myself.
40. Do something silly.
41. Play dress-up.
42. Watch ants, butterflies, or bees.
43. Pretend.
44. Think about what I'm going to be when I grow up.
45. Watch a video.
46. Draw or paint a picture.
47. Write or draw a letter to a family member or friend.
48. Make up a song of my own.
49. Twiddle my thumbs.
50. Think of a new hobby I want to start. Start it.