• Ask staff for a reading recommendation
• Attend yoga class
• Complete an art project
• Create a list of your Top 10 goals
• Create a toy to be donated to the animal shelter
• Design your idea relaxation or personal space
• Join a book club
• Keep a gratitude journal
• Make a bookmark
• Outdoor recreation
• Participate in outdoor recreation
• Play a board game

• Read a genre you don’t typically read
• Read a graphic novel
• Respond to journal prompts from staff
• Write a book review one or more pages long
• Write a gratitude letter
• Write a letter to self
• Write a letter to the author of a book you enjoyed
• Write a list of 4 good qualities about your roommate and about yourself
• Write a movie review
• Write a short story, rap, or poem