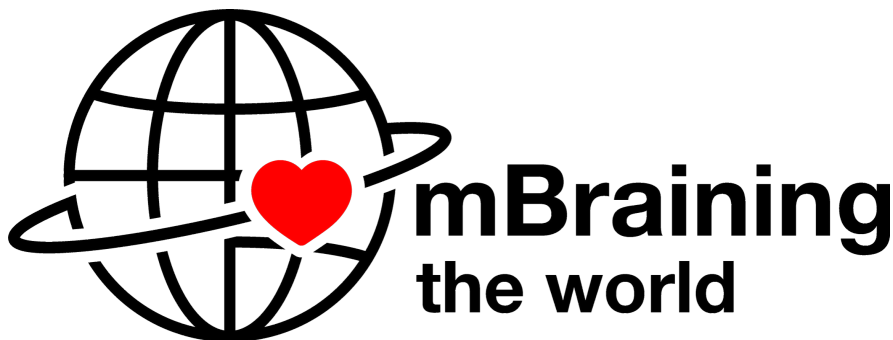


mBraining the World

50 Things To Do When You Can't Decide What To Do

The current state of affairs has got a lot of us 'going through the motions', not able to figure out what we'd like to do with ourselves. Decision fatigue is a very real thing! So how do you entertain yourself when you can't decide what you'd like to do right now? Here's a list of fun activities that you can do at home, by yourself or with the people in your circle. Simply cut them out, fold them up and put them in a bowl, then pick one out whenever you need some inspiration. And if you don't like what you pick out? Throw it back and pick again! You always get to choose.

Have fun!



Write a haiku about your day.

Work on a puzzle.

Watch that really long movie you haven't had time to watch until now.

Meditate for 20 minutes or more - see if you can beat your personal best time!

Have an at-home spa day - face mask, manicure, give yourself a massage...

Write pen and paper letters to your family & friends. Send them!

Try on all your clothes to see if they still fit.

Plan, prepare and eat an epic meal, including dessert.

Have a video chat happy hour with a group of friends. Everyone shares a happy story about their day (with wine!).

Customise your bath water depending on what you need today (detox, soft skin, relaxation etc) and have a nice long soak.

Write a short, fictional story about your favourite person. Bonus: read it to them next time you speak.

Have a picnic on the living room floor.

Write 10 interview questions for your parents or grandparents. Phone them up and interview them.

Go through your camera roll and create a highlights album.

Make a list of 50 things for which you are grateful.

Create an at-home treasure hunt.

Make a grazing platter using only snacks you have on hand.

Make a list of all the museums & galleries you'd like to visit when they reopen.

Make a list of 100 things you love about someone special to you. Give them the list.

Research your house plants and find out how to take care of them properly.

Teach yourself to moonwalk.

Learn to write with your other hand. Write a note to someone you love and give it to them.

Learn how to introduce yourself in sign language.

Create a story from the book titles on your book shelf.

Give yourself a hand massage. Or a foot massage. Or a head massage..

Rearrange your living room furniture.

Research a new hobby - think entomology, air gardening, cake decorating, puppet making...

Learn to say your favourite phrases in a different language...or three.

Learn origami. Make your friends and family their favourite animals as gifts.

Learn Ye Olde English words. Use them in your next conversation.

Search Wikipedia for the 'list of notable sandwiches'. Make one for lunch.

Make up a story about your ideal day, from the time you wake up to the time you go to bed.

Draw a picture of your day or your week. The sillier the better.

Build a blanket fort and watch movies in it.

Read a book.

Learn a new dance.

Create a collage of things on your bucket list.

Play an online game with friends.

Dress up in costumes and do a photo shoot.

Get dressed like you're going out for dinner and eat something fancy.

Host an online class, teaching your friends or family about something you love.

Start a daily gratitude journal.

Make a playlist of your favourite sing along songs and stage a concert in your living room

Learn to juggle.

Teach your dog - or your cat - a new trick.

Stretch! Do some yoga or just move your body in a kind, gentle way. Remember to breathe.

Pick a topic and make a presentation to show your family at your next video call gathering.

Unfollow and unsubscribe from anything that doesn't feel great.

Create a trivia night for your next video conference with your family or friends.

Send virtual gifts to the people you're missing most.