

# Find Your Good ...

... with 98 ideas of things you can do with your friends

1. Go to the mall
2. Go to the park
3. Play a game
4. Play a sport
5. Talk
6. Watch a movie
7. Have, or go to, a BBQ
8. Go bowling
9. Make memes
10. Go for a walk
11. Ride a bike
12. Draw
13. Find a DIY project and make it
14. Meet with friends
15. Volunteer
16. Karaoke
17. Watch the sunrise
18. Watch the sunset
19. Pack a picnic
20. Go on a scavenger hunt
21. Have a bonfire or campfire in your backyard (safely and with adult consent and supervision)
22. Pretend you are a tourist in your community
23. Go to the farmers market
24. Go to the beach
25. Visit the library
26. Make a bucket list
27. Cross something off your bucket list
28. Have a movie marathon
29. Write out your life plans/goals
30. Visit garage sales
31. Go dancing
32. Play board games
33. Call a friend or relative
34. Take a nap
35. Throw a costume party
36. Exercise
37. Read a book
38. Go camping or fishing
39. Start a journal (get a free one from TeenTalk)
40. Visit an art gallery
41. Go on a hike
42. Write a short story
43. Try to make a new game
44. Listen to music (write about how it makes you feel)
45. Teach yourself to juggle
46. Practice doing origami
47. Make a paper airplane
48. Explore the neighborhood
49. Build a giant blanket fort
50. Build a slip-and-slide
51. Go to an expensive open house
52. Call a family member and explore your ancestry
53. Solve some puzzles and riddles
54. Meditate
55. Learn a card trick or card game
56. Learn a musical instrument
57. Trade movies, books or games with a friend
58. Attend a dress rehearsal for your school's latest theater production
59. Build a cardboard castle
60. Binge-watch some good shows
61. Write a song
62. Write a poem
63. Learn how to do a magic trick
64. Go to Costco and try free samples
65. Come up with a million dollar idea worthy of Shark Tank
66. Look up outrageous words and find ways to sprinkle them into everyday conversation
67. Start a YouTube channel
68. Make a scarecrow
69. Play in a sprinkler
70. Have a water balloon fight
71. Swim in a local pool
72. Play charades
73. Style and organize your bookshelf
74. Tie-dye your white shirts, sheets or pillowcases
75. Bake something delicious
76. Cook a meal for yourself or for friends and family
77. Go out and use old gift certificates
78. Cut or style your hair or someone else's hair
79. Write letters to friends and family
80. Make gifts for others
81. Go to a local open mic night
82. Donate your unused items to charities or thrift stores
83. Attend a local free concert
84. Take your pet on a walk OR ask a friend if you can walk their pet
85. Do some stargazing
86. Attend a free art class
87. Go searching for wild animals and observe them
88. Go geocaching
89. Climb a tree
90. Go rock climbing
91. Paint, hide and collect painted rocks in town
92. Go window shopping
93. Fly a kite
94. Sell your things to consignment shops or online
95. Daydream
96. Make a friendship bracelet
97. Go to a youth-friendly event in our community ([ccteentalk.clark.wa.gov/calendar-and-activities.html](http://ccteentalk.clark.wa.gov/calendar-and-activities.html))

## 98. Tell us about your day (TeenTalk) ☺

We offer anonymous, confidential and nonjudgmental support **for teens by teens**. At TeenTalk, you will talk to people your age who may have gone through similar struggles to yourself and can help you find options and give you support. We talk to teens who are going through good times and not-so-good times, or just needing to get things off their chest. **Everyone deserves to be heard.**



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Open Monday to Thursday from 4-9 pm  
and Friday from 4-7 pm