

Walk around the  
block, come back  
to where you are  
now.

Take a photo of  
'green'.

Take a photo of  
'blue', which is not  
the sky.

Find a book you  
have not read  
before. Read the  
first page.

Where is the  
nearest library?  
Can you get in?

Find something to  
eat you have not  
eaten before. Eat  
it!

Go for a walk in  
the direction of  
the best weather.

Do five jumping  
jacks. Notice the  
effects it has on  
your body. How do  
you feel  
afterwards?