



# SPRING

## Bucket List

- Visit a farmers market
- Read a book outside
- Host a brunch or potluck
- Have a spring picnic
- Watch the sunrise or sunset
- Start a container garden
- Paint flower pots or planters
- Make pressed flowers
- Take a spring photo challenge
- DIY tie-dye or bleach art
- Build or upgrade a birdhouse
- Make spring-themed wall art or signage
- Recreate an old family photo
- Try a new trail or park
- Go on a family or friend bike ride
- Do a spring fitness challenge (steps, planks, yoga streak)
- Go kayaking or paddleboarding
- Set up a DIY backyard obstacle course
- Take a long walk with a podcast or playlist
- Join a park or neighborhood clean-up
- Volunteer at a local event or race
- Donate clothes during spring cleaning
- Help plan a school or community event
- Write thank-you notes to teachers, nurses, coaches, or helpers
- Do a random act of kindness
- Try a new spring recipe
- Make homemade lemonade (or cocktails/mocktails)
- Relax outdoors with music or fresh air
- Bake something with seasonal fruit