



Back to Basics 101

Are you tired of “adulting” and need a moment to unwind? Sometimes we just need the chance to be a kid again. Here are some things to try when you have a little bit of time:

Get artsy – draw, paint, color. Use what’s nearby or better yet, create an art caddy with crayons, colored pencils, paint and brushes, paper, canvases, etc.

Dance – turn on some tunes and bust a move or two – shake, shimmy, twirl, etc. Or better yet, invited a friend to join in! Chances are you’ll be giggling before you know it.

Play a game – it can be any kind...a card game, board game, computer game, etc. How about duck-duck-goose or Twister? If you have a group of willing participants, how about freeze tag or flashlight tag?

Use your imagination – you can have an epic battle with water guns, Nerf guns, toy swords/light sabers or maybe you can cast spells with a magic wand? Build a blanket fort in case you need to retreat.

And for those moments when you feel like doing a bit more...

Take a walk down memory lane – pull out old photo albums (or scroll through pictures on a device) or better yet, set aside time to organize already printed photos into albums or scrapbooks. Create a collage for yourself or as a surprise for someone else.

Jot a note to someone - who doesn’t love getting a handwritten note or letter in the mail or better yet, delivered by hand? Dig deep into that desk drawer and dust off that stationary or box of cards.

Have a snack - hot chocolate, freshly cut fruit, a cookie or anything else. Make it seasonal. Sugar cookies are easy to make and for some fun decorating ideas search the internet for winter cookie decorating ideas.

No matter what you choose to do, do it with joy and enthusiasm. Loosen up and try not to make everything so serious. There’s plenty of time to get back to all those responsibilities you have. Take time to savor some fun during this busy time of year!