

# HEALTH AND FUN IN ALABAMA SPRING CHECKLIST

## HAVE FUN WHERE YOU ARE

- Go for a walk
- Help a friend or neighbor
- Collect and paint rocks
- Read a book
- Sing
- Dance
- Clean out a closet
- Donate unused items to charity
- Donate food to those in need
- Watch a sunrise
- Watch a sunset
- Meet a neighbor
- Do a random act of kindness
- Learn a new skill
- Restore a piece of furniture
- Tackle a DIY project
- Visit the library
- Learn or practice an instrument
- Make art
- Make a craft
- Visit a friend
- Volunteer
- Play a boardgame
- Stretch
- Walk the dog
- Mail a letter
- Attend a community event
- Work on a puzzle
- Scrapbook
- Draw with sidewalk chalk
- Play in the rain
- Make paper flowers
- Make a birdfeeder
- Plant flowers
- Plant vegetables

- Climb a tree
- Plant a tree
- Watch the clouds
- Make a flower crown
- Search for four-leaf clovers
- Spot a rainbow
- Pick wildflowers
- Make lemonade
- Have a tea party
- Roll down a hill

## HAVE A PLANT

- Roast veggies
- Have a picnic
- Cook a meal as a family
- Make half your plate fruits and veggies
- Try a new food
- Make a new recipe
- Take a meal to a friend
- Make a healthy snack
- Have a barbeque
- Have brunch
- Make a colorful side dish
- Make a strawberry recipe
- Make a fruit salad
- Make a veggie omelet
- Make an asparagus recipe
- Make a smoothie

## HAVE A BALL

- Play catch
- Play tennis
- Play pickleball
- Play soccer
- Play disc golf
- Play mini golf

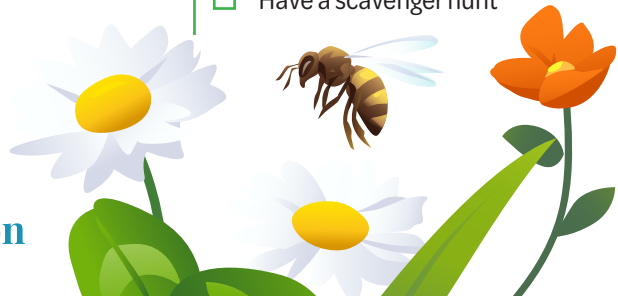
- Go bowling
- Play paintball
- Play flag football
- Play badminton
- Play basketball
- Play frisbee
- Practice archery
- Fly a kite
- Blow bubbles

## HAVE AN ADVENTURE

- Sign up for the 100 Alabama Miles Challenge
- Go to an outdoor concert
- Attend a sporting event
- Go geocaching
- Participate in a race
- Visit a museum or historical center
- Visit the zoo
- Go zip lining
- Visit somewhere new
- Go fishing
- Go caving
- Go horseback riding
- Go rock climbing
- Go cycling or mountain biking
- Go camping
- Go hiking
- Go kayaking or canoeing
- Go birdwatching
- Visit a garden
- Visit a park
- Visit an Alabama Natural Wonder
- Visit a farm
- Pick strawberries
- Have a scavenger hunt



The Nutrition  
and Physical  
Activity Division



For more tips and information, visit [alabamapublichealth.gov/npa](http://alabamapublichealth.gov/npa)