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THINGS TO DO INSTEAD OF DRUGS

* get together with friends *Watch a Happy Video *Learn Something new * Read a good book * Play games * Do an activity * Enjoy a hobby * PLAY A SPORT * Listen to music * MAKE SOMETHING NEW * Eat a great meal * go to the zoo * smell a flower * Draw a picture * take a bubble bath * Look at old photos * smile * make someone else smile * finish what you start * solve a riddle * watch a sunset * jump rope * gather seashells * whistle a tune * read a **poem** * fly a kite * do a favor * surprise someone * play catch * throw a party * join a club * sing * give a hug * get a hug * TALK TO FRIENDS * WISH ON A STAR * RUN THROUGH A SPRINKLER * go camping * do a jigsaw puyyle * memorize a song * help a friend in need * Build a sand castle * Find a home for a stray animal * Write a skit * Do good deeds * have lemonade on a hot day * blow bubbles * Dance * Exercise * Climb a tree * RUN THROUGH A FIELD OF WILD FLOWERS * volunteer * tickle a baby's tummy * play with your pet * cheer someone up * roll in the grass * snuggle a stuffed animal * swing on a swing * Eat ice cream * walk barefoot in the sand * play with a little kid * do cartwheels * go bird watching * give a gift * play some hoops * kiss a parent * watch the clouds * Start a garden * Learn a language * Play an instrument * go fishing * make a gift * Hike * set your goals * Phone a friend * HAVE A PICNIC * think happy thoughts * Ride a bike * watch the Ocean * Write to friends * Do your best * count your blessings * Make a poster *Make someone laugh * Improve your score * Listen to birds * Learn to cook * Ship rocks into a lake * Play in the park * Go swimming * Care for Plants * Collect something * **Keep a promise** * Trade cards * **Do magic** tricks * Make a model * GO BOWLING * Keep a journal * Photograph things you love * Do better than the last time * Brighten Someone's day*