

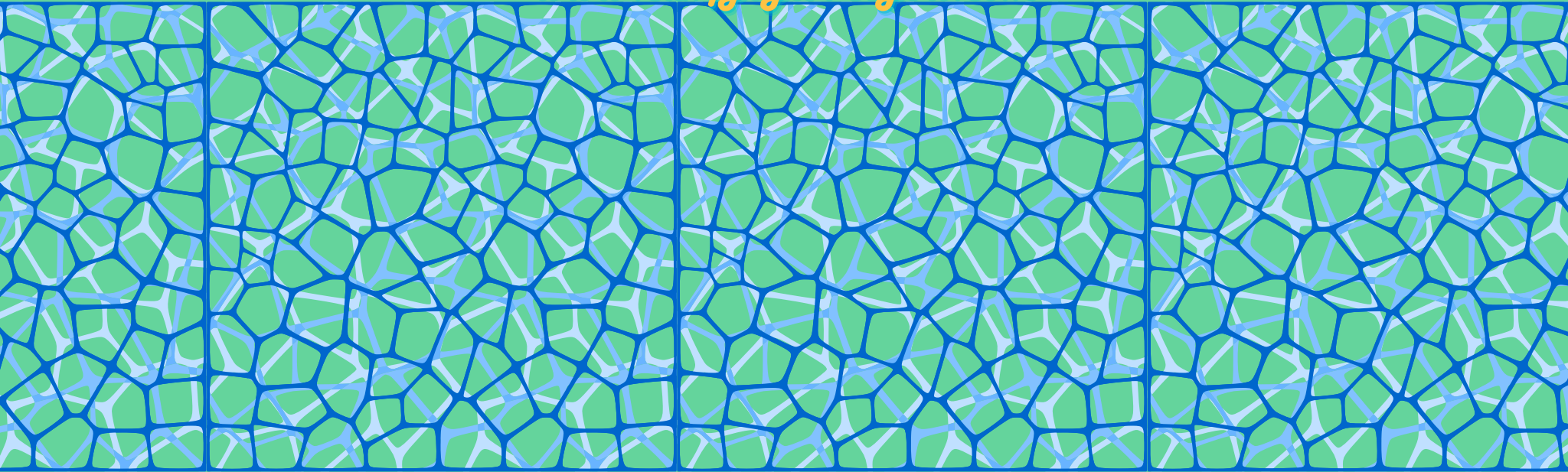


20 minutes of surprise

CONTROLLED CHAOS

DEDICATE DAILY TIME TO UNEXPECTED PLAY

www.campjoylovesyou.com



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DEDICATE DAILY TIME TO UNEXPECTED PLAY

1 SCHEDULE 20 MINUTES

Every day, block out 20 minutes of free time in your calendar

HOT TIP
use a fun event title

4 PICK A DAILY ACTIVITY

Each day, pick one activity at random from the hat

HOT TIP
turn it into a ritual--
make it special!

2 CHOOSE 7 ACTIVITIES

Pick 7 activities from the attached list

HOT TIP
choose activities that confuse you

5 GET CRACKIN'

Set a timer for 20 minutes & complete your activity



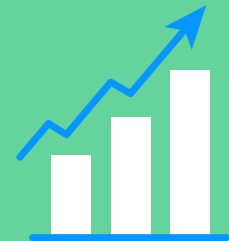
3 PUT 'EM IN A HAT

Write them on separate pieces of paper & put them in a hat



6 REFLECT

Notice how you feel before & after



ACTIVITES LIST

- Go for a walk to a place that you don't normally spend time
- Call a friend you haven't talk to in a while
- Listen to Rhapsody in Blue in its entirety
- Cook a meal pretending you are on Iron Chef
- Draw a portrait of someone you love using your non-dominant hand
- Record yourself telling the story of your birth as if you were on a famous radio show. If you don't know the story, make it up.
- Pick 5 books and read 1 random page from each. Then free-write about what you remember from all you've read.
- Create 10 positive affirmations about yourself and write them out 5 times each.
- Take all the papers that you need to throw out in your workspace and create a collage with them using tape/glue and paper.
- Call someone who knew you as a child and ask them to tell you a memorable story about you as a kid.

ACTIVITES LIST

- Turn on your favorite playlist and move your body to it. It can be dancing or stretching or walking, whatever movement you like. But keep moving!
- On youtube, find your favorite tv show from childhood and watch clips or an episode.
- Play a round or two of the Oregon Trail
- Take a long hot shower or bath
- Take a virtual tour of one of these museums
- Lay in bed for 20 minutes. No phone, no computer, just rest. Allow yourself to be bored.
- Write a letter to someone who supported you growing up and tell them why their support was meaningful to you. Bonus: Mail it to them.
- Draw a sketch (don't worry how it looks) of your favorite room. It can be any room that you love whether it's yours or someone else's.
- Draw a map of your life. Decide how the map functions (images/words etc) and then pick which life moments you want to highlight on the map.
- Practice deep breathing using the Breathing Box technique.