



# MIX IT UP!

## HEALTHY ACTIVITY NAME GAME

*TO MIX UP YOUR DAY, TRY DOING EACH ITEM LISTED FOR EACH LETTER OF YOUR FIRST NAME TODAY. MAKE THE LIST AT THE BEGINNING OF THE DAY AND ADD THE ITEMS THROUGHOUT YOUR DAY. IF YOU WANT TO REPEAT ANOTHER DAY, TRY YOUR MIDDLE NAME OR LAST NAME, OR NAME OF A LOVED ONE. IF YOU HAVE TWO OF THE SAME LETTER, DO THE ACTIVITY TWICE IN YOUR DAY OR DOUBLE THE TIME.*

- A- Read one chapter in the Old Testament**
- B- Read one chapter in the New Testament**
- C- Breathe deeply, closing your eyes and focusing on your breathe for 5 mins**
- D- Journal for 5 mins**
- E- Write 5 things you are grateful for**
- F- Pray for 1 person you know**
- G- Write a silly poem**
- H- Listen to 1 worship song**
- I- Pray for 2 people you know**
- J- Go for a 5 minute walk**
- K- Write down 5 positive things about yourself**
- L- Look at a picture of a puppy**
- M- Look at a picture of a kitten**
- N- Find a deep breathing exercise (maybe from TAO) and do it**
- O- Stretch for 5 minutes**
- P- Read 1 chapter of any Psalm**
- Q- Call a friend**
- R- Call a loved one**
- S- Draw or color something**
- T- Write down your primary emotion and why you feel that way**
- U- Write a letter/email to a friend**
- V- Do 5 jumping jacks/flex and point your feet 5 times**
- W- Before you go to bed, pick 1 thing you are grateful for in that day**
- X- Choose an image from [unsplash.com/t/nature](https://unsplash.com/t/nature) and just look at it for 2 mins**
- Y- Journal for 10 mins**
- Z- Read John 1:1-5 and reflect for 2 minutes.**

