



31 Ideas to Have Fun & Spark Joy

- Make paper snowflakes and decorate a window.
- Draw or paint a holiday scene.
- Create a gratitude jar and write down one thing each day.
- Build a gingerbread house –extra points for creativity!
- Decorate ornaments (even better if they are homemade).
- Make a vision board for the upcoming year.
- Play a board game or card game you haven't touched in ages.
- Take a walk in the woods or someplace in nature.
- Take a drive somewhere without a plan.
- Make hot chocolate with all the toppings.
- Bake cookies and decorate them however you want.
- Create your own festive drink or mocktail.
- Try a recipe from a different cultures holiday traditions.
- Have breakfast for dinner pancakes or waffles with holiday flair!
- Go ice skating or take a snowy walk (if possible).
- Drive or walk around to look at holiday lights.
- Write a playful letter to Santa or your future self.
- Take a tech-free evening with cozy blankets and a book.
- Try a 10-minute guided meditation focused on joy.
- Write down three funny or joyful things that happened each day.
- Make a list of your favorite things and why they make you happy.
- Practice a random act of kindness (e.g., pay for someone's coffee).
- Send funny or heartfelt holiday cards to friends.
- Try a silly workout (dance like no ones watching, or a holiday-themed yoga class).
- Wear your most outrageous holiday sweater or outfit and strut around the house.
- Recreate a favorite childhood holiday memory (even if its just the feelings it brought).
- Have a no utensils dinner eat with your hands or chopsticks for fun.
- Go outside and find shapes in the clouds or stars at night.
- Make a wreath or garland out of unconventional materials.
- Write a list of hilarious holiday awards (e.g., Best Cookie Dunker).
- Play a Would You Rather with holiday-themed questions.

