

Day of Rest Activity Ideas

Worship with others

Visit a Museum

Walk Outside

Use a camera to take photos

Go on a hike

Read a book

Play an instrument

Do a puzzle

Needlepoint

Play with a pet

Journal your gratitude

Color in a coloring book

Listen to podcast

Take a relaxing bath

Diffuse oils

Write a thank you note

Facetime with long-distance family or friends

Deliver baked goods

Take a nap

Brew a special coffee or tea

Learn a new board game

Look at photo albums or books

Spend time with an elderly family member

Visit a nursing home

Watch a nature documentary

Go on a picnic

Eat by candlelight

Sit by a cozy fire

Play a card game

Watch the sunset

Go to the library

Visit a loved ones grave

Arrange flowers

Enjoy a hobby

Go for a train ride

Do a crossword puzzle

Listen to records

Stargaze laying on blankets

Visit a local waterfall

Plan random acts of kindness

Memorize comforting scriptures

Try a new restaurant

Deliver a meal

Tell your kids about when you were a kid

Ask your parents about their childhood

Play charades

Research your ancestry

Watch family home movies

Meet with a small group Bible study

Look through an old hymnal



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