

Create

Explore

Wonder

Reflect

Move

Challenge

Restore

Refresh

Design

Celebrate

Allow

Balance is not something You find Balance is something You create



Random

- Paint some rocks and leave them scattered around for others to enjoy. Taylor Beach is awesome for rocks!
- Paint-by-numbers sets
- Write and deliver or mail a letter to a grandparent or older adult in a senior's home
- Get your vegetable seeds started in anticipation of your summer garden
- Plant some sweet pea seeds in a pot of soil. Beautiful flowers and fragrance by end of June
- Collect bottles with proceeds to go to your favorite charity
- Buy wooden bird houses from the dollar store, paint them up hang them in your yard
- Organize your clothes closet and donate unworn clothing
- Perfect your cake decorating technique. Have a virtual cake/cupcake decorating challenge with friends
- hit up the dollar store, buy a canvas and some craft paint, and make some art without caring about the finished product! Paint with your eyes closed, with your opposite hand that you normally draw with, watch a tutorial online, and go for it
- check out Home | Growing Together | Collaborative Initiative | Capital Region (growingfood-together.com) for great inspiration on growing food locally
- on line dance class can take with others (challenge or put together a virtual dance together)
- Spring cleaning jobs design a pamphlet or brochure advertising your services (yardwork, car washing, etc to your neighbors)
- neighborhood scavenger hunt. Create a list with friends of items found in a neighborhood and then have everyone go take photos of the items in their neighborhood and share with each other
- find your number see if you can find numbers created by shadows out in the world and photograph them. For example. a streetlight may cast a shadow of the number 1. A tire may cast the shadow of a zero. See how far you can get in the number chain
- Create yourself. Draw an outline of yourself on a large roll of paper and then color it in to represent yourself in life size image.
- Create your own line of greeting cards (using your own photographs, art work, bits from the beach, pressed flowers, etc)
- Family or friend birthdays coming up? Create handmade gifts and keep them stored in a box so you're always ready for those celebratory moments (bookmarks, coasters, picture frames, sugar scrubs, painted rocks, framed cards with your favorite quotes, stenciled canvases or t-shirts, etc)
- Start a sketchbook of cool or interesting ideas for clothing designs, skateboard art, hair accessory ideas, pet clothing, etc)
- https://native-land.ca/ is a thought provoking website
- https://isparc.ca/ Indigenous Sports and Recreation Council Free Metis Jigging and Powwow Dancing Workshops sign up
- Start a "Favorite Quotations" book
- Create a playlist of favorite songs and sort according to themes: workout, homework, chillin', etc
- Old dog needing new tricks? Check out clicker training. Amazing! https://www.youtube.com/watch?v=_wv1uvvqaSw
- Make a time capsule with your family or with friends, one to package and seal up, or make a digital one to be opened in 5? 10?
 15? Years. What will you contribute? https://www.lovelyluckylife.com/family-time-capsule-ideas/

Outdoor Adventures

- Watch the sunrise/set at Albert Head Lagoon
- Disc golf you can purchase discs at https://coastalskisport.com/disk-golf/ or online at www.acerunners.ca or other online options/ There are 2 official disc golf locations at Metchosin Golf Course and Layritz Disc Golf Course. There is also another one off Millstream Rd as well as numerous ones on the surrounding Gulf Islands. You may want to watch youtube videos about the game and practice your disc-ing skills before you go out!
- Download the AllTrails app and find some trails in Greater
 Victoria you have never tried before
- Jordie Lunn Bike Park officially opens April 1
- Geocaching https://www.westjetmagazine.com/story/article/exploringvictoria-through-geocaches
- go on a nature walk where you look for plants that you've never seen before and try to identify them and/or attempt to determine if they have a particular use https://ibis.geog.ubc.ca/biodiversity/eflora/KeyQueryForm.html

https://learning.royalbcmuseum.bc.ca/pathways/native-plants-south-coast/read/

https://youhadmeatgardening.com/best-plant-identification-app/

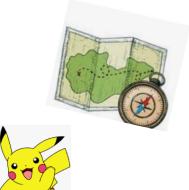
- orienteering this outdoor activity utilizes map and compass to navigate through a set course. Check out the website and training opportunities! https://vico.whyjustrun.ca/ https://vico.whyjustrun.ca/pages/74
- Pokeman!













Local Outings

- Interactive Board Game Café
- Fort Rodd Hill National Historic site for a glance back in time and a great place to have a picnic
- Lego exhibit at museum in Sydney.
 Book your spot!
 https://www.tourismvictoria.com/seedo/festivals-events/lego-exhibition
- Pack a picnic for Dallas Road (or bring some \$ to try out one of the food trucks). Great spot for people watching, dog watching, and of course, the view is spectacular!
- Staycation write your own tourbook for things to do and places to see in Victoria or Sooke and go do them!
- Check out Victoria's Calendar of Events https://www.tourismvictoria.com/seedo/festivals-events/calendar-of-events





Board Games

- Ticket To Ride
- Camel Up
- Clue
- Pictionary Air
- Apples to Apples
- Exploding Kittens
- Puzzles! Try your hand (and your patience and commitment) to a 500 or 1000+ piece puzzle
- Murder Mystery game sets
- Raiders of the North Sea
- Board game marathon (in-person or virtual) with family or friends

Fitness Challenge

- Walk to the top of bear mountain from Millstream Road
- SEAPARC | CRD
- Have a fitbit, smart watch or health tracker on your phone? Challenge yourself and/or friends with a step challenge. Or get the Strava app and document all the walks, runs, and hikes you do and share them with friends and cheer each other on.

YA Novels

Throne of Glass - Sarah J. Maas The Hate U Give - Angie Thomas Concrete Rose - Angie Thomas Long Way Down - Jason Reynolds Everything Everything - Nicola Yoon Tha Handmaids Tale - Margaret Atwood The Testaments – Margaret Atwood The Barren Grounds - David A. Robertson Birdie - Tracey Lindberg Son of a Trickster - Eden Robinson Miles Morales Spider-Man - Jason Reynolds The Beauty That Remains - Ashley Woodfolk Feed - M. T. Anderson Ready Player One - Ernest Cline Hold Still - Nina LaCour A Song Below Water - Bethany C. Morrow Infinity Son – Adam Silvera

We Were Liars – E. Lockhart



Graphic Novels

A Wrinkle in Time – Madeleine L'Engle & Hope Larson

Honor Girl - Maggie Thrash

Witchy - Ariel Slamet Ries

Coraline – Neil Gaiman & Craig Russell

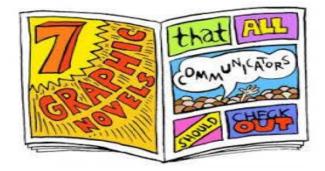
This Was Our Pact – Ryan Andrews

This One Summer - Mariko Tamaki & Jillian Tamaki

Dragon Hoops - Gene Luen Yang

The Okay Witch – Emma Steinkellner

The Giver – Lois Lowry & Craig Russell



Favorite Dessert Spots

- Sugar Shack
- Cold Comfort (for gourmet, locally-made ice cream, vegan options too!)
- "The best ____" challenge. Explore, experiment and record your findings to find the best cinnamon bun/cheesecake/pie/ice cream, etc in town

<u>Online</u>

- On Reddit there is a subreddit called r/52weeksofcooking, and they have weekly themed cooking challenges that people do and then post to the subreddit.
- Sally's Baking: https://sallysbakingaddiction.com/
- Damn Delicious: https://damndelicious.net/
- https://www.youtube.com/watch?v=Jz02mxQ7LIM former Belmont student
- CBC Gem 30 day free trial!
- Pinterest suggestions for: Dollar Store craft ideas, mason jar crafts, skateboard painting ideas or a kazillion other ideas!

Walking Trails

- Regional Park Maps | CRD check out this website for printerfriendly park maps https://www.crd.bc.ca/parks-recreationculture/parks-trails/crd-regional-parks/park-maps
- East Sooke Park Irwin Ponds Goldstream Park Havenwood • Mt Wells • Mount Stewart • Scafe Hill
 - Mount Baldy (Shawnigan Lake) Thetis Lake
 - Aylard Farms (Sooke) Swan Lake loop beautiful
 - Matheson Lake loop

2 for 1

Book/movie marathon. Read the book and then watch the movie, pick a one-off or see how far you can get through a series.



Walking the beach

- Cadboro Bay Willows
- Dallas Road Farhill Beach
- Taylor Beach Weir's Beach
- Miracle Beach (Comox Valley)





