

# NOTHING TO DO?

## 101 THINGS YOU CAN DO THAT ARE DRUG AND ALCOHOL FREE

Go Fishing at Lake Martha — Attend an OFHS Cross Country Meet — Draw a Picture — Go For a Run — Play With Your Siblings — Play With Your Pet — Vacuum Your House — Read a Book — Rent a Movie — Do Yard Work — Cheer at an OFHS Wrestling Meet — Bake a Dessert — Build a Tree Fort — Visit Your Grandparents — Cook a Meal — Play an Instrument — Help a Neighbor — Have a Sleepover — Take a Hike in the Woods — Go Bowling — Play a Sport — Go Swimming — Play Video Games — Put Together a Puzzle — Paint Your Face for an OFHS Football Game — Play a Board Game — Surf the Web — Lift Weights — Have a Bonfire — Go Camping — Go Snowboarding — Watch TV — Go to the Mall — Launch Rockets — Write a Letter — Sew / Knit / Crochet — Get a Job — Take Pictures — Go on a Road Trip — Hang Out With Friends — Give a Friend a Makeover — Go Hunting — Do Homework — Go to an OFHS Baseball Game — Race Through a Corn Maze — Cross Stitch — Sing in the Mirror — Any Community Service Activity — Visit a Nursing Home — Create an Interpretive Dance — Join an OFHS Club — Play Catch — Dress Up at an OFHS Basketball Game — LARP — Rollerblade — Play at Foster Park — Ride a Bike — Sing Karaoke — Go to the Movie Theater — Go to an OFHS Track Meet — Attend an OFHS Softball Game — Stack Hay Bales — Go on a Horse Back Ride — Volunteer at the Humane Society — Do Your Nails — Recreate a Music Video and Record It — Go Kayaking — Relax at Music in the Park — Go to the OFHS Musical — Go Shopping — Eat Pie at the Norske Nook — Play Hacky Sack — Go to the Library — Attend an OFHS Volleyball Game — Play Mini Golf — Join a Church Youth Group — Take a Nap in a Hammock — Coordinate a Neighborhood Kick Ball Game — Go to an OFHS Dance Competition — Scrap Book — Play Tennis — Walk the Dog — Paint a Mural — Go Out to Eat — Record a Free Style Beat — Jump on a Trampoline — Dance Like No One is Watching — Have a Paintball Tournament — Play a Pickup Basketball Game — Have Your Own Homerun Derby — Ice Skate — Go Snowshoeing — Go Cross Country Skiing — Shoot Bow at a Target — Take a Four Wheeling Adventure — Go Snowmobiling — Do Yoga Outdoors Under the Stars — Go Geocaching — Have a Family Dinner — Project a Movie on a Garage Door and Have a Drive in Movie — Visit the Farmer's Market

Created by the 2015-2016 Above and Beyond Group:

Caden, Kaylie, Maddy, Kenara, Keira, Michelle, Colin, Tommy, Andrew, Anna, Zoe, Tristan, Mariah G, Courtney, Megan S, Rayanne, Cassidy, Rachel, Analea, Brooke, Erica, Joe, James, Autumn, Kameara, Harleigh, Cameron, Autumn, Victoria, Megan P., Axel, Mariah F., Sam, Michaela, Lucas