**Let’s Do This, Not That**

**Purpose:**

Students get opportunities to switch from their typical classroom work to focus on tasks that change their perspective, cultivate creativity, and promote positive mental health.

**Preparation:**

You will need:

* *Let’s Do This, Not That* activity list
* Scrap paper
* Writing utensils

Each student should have at least one piece of paper and one writing utensil.

**Instructions:**

1. Ask a student to pick a number between 1 and 65.
2. Each student completes the activity corresponding to the selected number (see following list) on a piece of scrap paper.
3. If time allows and/or if a short activity was selected, repeat the exercise by asking a different student to pick a number and complete the corresponding activity.

This activity is inspired by Keri Smith’s *Wreck This Journal*, wherein the journal activities are designed to create a unique and individualized journal.

**Let’s Do This, Not That**

Activity List

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| 1. | Write amazing things you’ve done in the last 7 days. |
| 2. | Write the name of every person you spoke to this weekend. |
| 3. | Write without stopping until you’ve filled up the whole page. |
| 4. | Fill this page with circles. |
| 5. | Write a list of things that make you feel strong. |
| 6. | Write about a bad dream. |
| 7. | Draw your favourite things. |
| 8. | Trace your hand and draw all of the creases in your hand. |
| 9. | Doodle here. |
| 10. | Write and draw a picture of what you had for dinner last night. |
| 11. | Write a note to your family telling them about your day. |
| 12. | Write about a good dream. |
| 13. | Whatever you want, but you have to use pens, pencils, and markers. |
| 14. | Colour this entire page using one pencil crayon. |
| 15. | Write one word over and over. |
| 16. | Draw a really ugly drawing here. |
| 17. | Fill this page with good thoughts. |
| 18. | Start a no-limits bucket list. |
| 19. | Draw your family. |
| 20. | Have classmates autograph this page. |
| 21. | Make a wish list. |
| 22. | Fill this page with dots. |
| 23. | Make a list of happy things. |
| 24. | Scribble here. |
| 25. | Draw a shape in the centre of this page. Colour outside the lines. |
| 26. | Draw fat, thin, curvy, and wavy lines here. |
| 27. | Make a list of what you would buy if you went grocery shopping. |
| 28. | Write carelessly. |
| 29. | Practice writing with your opposite hand. |
| 30. | Create a nonstop line. |
| 31. | Choose a classmate to write you a letter. |
| 32. | Draw lines while walking or moving. |
| 33. | Trace items on your desk or in your pencil cup. |
| 34. | Fold your piece of paper in half as many times as you can. |
| 35. | Write about a very boring event in great detail. |

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| 36. | Choose your favourite colour. Draw all the things that are this colour. |
| 37. | Draw your favourite tree. |
| 38. | Make a list of what you think makes a great friend. Make a list of why you think you’re a good friend. |
| 39. | Fill a page with math equations and symbols, even if you don’t know what they mean. |
| 40. | Fill this page with a list of all the things you worry about. |
| 41. | Draw your favourite gym class activity. |
| 42. | Write a letter to someone you admire. |
| 43. | Close your eyes, write all of the sounds you hear right now. |
| 44. | Write a journal entry in really LARGE letters. |
| 45. | Draw lines with your pen or pencil. Lick your finger and smear the lines. |
| 46. | Write a letter to yourself in the future. |
| 47. | Make a map of everywhere you went in one day. |
| 48. | Practice your cursive writing here. |
| 49. | List ten things you would like to do every day. |
| 50. | What are you thinking about right now? Write it down. |
| 51. | Write as many four-letter words as you can. |
| 52. | Draw your shoes in great detail. |
| 53. | List all the things you could use a tin can for. |
| 54. | Create an image using only dots. |
| 55. | Create instructions for an everyday task. |
| 56. | Write with the pen in your mouth. |
| 57. | Draw the weather today, put yourself somewhere in this picture, and write the date. |
| 58. | Trace the path of where you are right now to the moon. |
| 59. | Look at an item in the classroom. Draw that item without looking at your page. |
| 60. | Come up with a list of things we throw away. Beside each item, write a way we could reuse this item. |
| 61. | What does your family make that is your favourite? List the ingredients and how they make it. |
| 62. | Write five interview questions. Choose five different people to ask these questions to. Write their names and answers on this page. |
| 63. | Draw a picture of yourself in your favourite outfit. |
| 64. | Draw your favourite place in Alberta. |
| 65. | Draw yourself doing your favourite activity or sport. |