



# Toilet Talk

June 2011

Issue 100

Stay Well Manchester College

*This is the 100<sup>th</sup> issue of toilet talk... so here are 100 Things to do this summer!*

1. Make a scrap book
2. Have a picnic
3. Write a letter to your best friend
4. Visit another country
5. Go to a ball game
6. Get a job
7. Become a photographer
8. Read a book
9. Go to the movies
10. Write a poem
11. Set off fireworks
12. Bake some cookies
13. Take a boat ride
14. Learn how to water ski
15. Take a train ride
16. Visit a farm
17. Milk a cow
18. Visit a city
19. Take the subway
20. Start a band
21. Invent a sandwich
22. Go backpacking
23. Go on a scavenger hunt with friends
24. Go camping
25. Go fishing
26. Invent a new dance
27. Do volunteer work
28. Have a winter themed party
29. Recycle cans and donate the money to a local charity
30. Clean up a nature trail
31. Build a tree house
32. Build a bird house
33. Set up a lemonade stand
34. Create a terrarium
35. Go canoeing or kayaking
36. Go to a museum
37. Have a campfire
38. Host a yard sale
39. Go to the beach
40. Build a sandcastle
41. Research your family tree
42. Fly a kite
43. Build a time capsule
44. Make a bird feeder
45. Ride your bike
46. Go rollerblading
47. Learn how to skate board
48. Go on a road trip
49. Spend time with your family
50. Spend time with your friends
51. Get CPR and 1<sup>st</sup> aid certified
52. Dig for fossils
53. Tie dye shirts
54. Go without T.V. for one day
55. Make homemade ice cream
56. Start a collection
57. Star gaze
58. Roast marshmallows
59. Watch the birds
60. Go to the zoo
61. Play board games from your childhood
62. Go through old family scrapbooks and photo albums
63. Go skydiving
64. Go bungee jumping
65. Learn how to sew or knit
66. Learn a new sport
67. Go swimming with all your clothes on
68. Make your own popsicles
69. Go swimming
70. Watch the sun set
71. Stay up all night and watch the sunrise
72. Donate your old clothes to Goodwill
73. Try a new type of food
74. Grow a garden
75. Color with sidewalk chalk
76. Blow bubbles
77. Sing as loud as you can
78. Attend a local orchestra concert
79. Learn how to play an instrument
80. Learn a foreign language
81. Play puddle tag
82. Go without your cell phone for one day
83. Dye your hair with wash out hair dye
84. Go without internet for one day
85. Dance in the rain
86. Have a movie night with friends
87. Visit the pool
88. Run in a 5k
89. Join a yoga class
90. Turn your power off for 24hrs
91. Catch lightning bugs in a jar
92. Go to a rock concert
93. Paint a mural
94. Visit an aquarium
95. Try and have a conversation using only song lyrics
96. Restore an old car
97. Go to an auction
98. Take a nap in the sunshine
99. Start and finish a video game in 1 day
100. Have fun!