



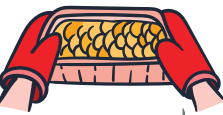











PRESS PAUSE WEEKLY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>SINGE-WATCHING Celebrate every National Day this week. (National Day)</p>	 <p>Write a checklist for the week.</p>	 <p>Learn origami (Free generator)</p>	<p>Send an encouraging voice memo.</p>	<p>Play virtual bingo (Free card generator)</p>	<p>Meet at a new park Feed the ducks</p>	<p>List unused items online.</p> 
<p>Take your meals and/or meetings outside</p> 	<p>Try a new brand or flavor of coffee today.</p> 	<p>Create your own (reversible) coasters (Tutorial here)</p>	<p>Dedicate a donation for a good cause to a loved one.</p>	<p>Take online personality quizzes & compare (Free ideas here).</p> 	<p>Visit a drive-in movie theater.</p>	 <p>Clean out your car.</p>
<p>Visit one farmer's market.</p> 	<p>Buy flowers or a gift for yourself.</p> 	<p>Design DIY dreamcatchers (Idea generator here)</p>	<p>Share a photo of a keepsake with your family or friends.</p> 	<p>Follow an online painting tutorial together or virtually. (painting tutorial)</p>	<p>Host a small bonfire.</p> 	<p>Sort your mail and/or greeting cards.</p>
<p>Bake a treat to enjoy throughout the week.</p>	<p>Sing during your morning shower or commute.</p> 	<p>Fold paper planes and fly 'em against each other (Step-by-step instruction here)</p>	<p>Surprise video or voice call someone today.</p>	<p>Join an online book club (Press Pause)</p> 	<p>Have a picnic (Outdoor or indoor).</p>	<p>Do it Host a garage/yard sale.</p>
<p>NOTES</p>						



