



# ADULT PASSPORT

**Go for a hike**

**Have a picnic**

**Do a morning  
stretch**

**Watch the  
sunset/sunrise**

**Find a new recipe &  
cook for  
family/friends**

**Do something  
nice for a  
neighbour**

**Plant flowers in  
your garden**

**Play a new board  
game**

**Complete an online  
workout**

**Take a walk &  
take photos**