



# Things to do



## NUTRITION

- COOK A MEAL TOGETHER
- BAKE COOKIES OR CUPCAKES
- CREATE A COOKBOOK TOGETHER
- PLANT A GARDEN
- GO GROCERY SHOPPING
- GO BERRY PICKING



## OUTDOOR ACTIVITIES

- GO TO A ROCKIES, NUGGETS, OR AVALANCHE GAME WITH SOY TICKETS
- GO ON A HIKE
- LEARN HOW TO PLAY TENNIS OR GOLF
- GO TO A SKATEBOARD PARK
- HAVE A PICNIC
- PLAY BASKETBALL, FOOTBALL, SOCCER, STREET HOCKEY, ETC.
- PLAY POOL AT A NEIGHBORHOOD HALL
- GO SWIMMING AT THE YMCA
- RUN/WALK A 5K RACE TOGETHER
- GO TO THE BATTING CAGES
- GO TO A NEIGHBORHOOD REC CENTER
- GO ON A BIKE RIDE
- GO FISHING
- GO ICE SKATING
- CLIMB THE WALL AT REI
- PLAY FRISBEE GOLF
- GO SLEDDING
- MAKE A SNOWMAN



## Education



- Colorado Free days: [www.dmns.org](http://www.dmns.org)
- SOY ARTreach Ticket Program Opportunities
- Take a tour of the Denver Mint
- Go to the Denver Museum of Nature and Science
- Go geocaching or on a Scavenger Hunt
- Go to the Denver Zoo
- Take your mentee to your office/place of work
- Go to the Denver Art Museum: it's free on Saturday!
- Practice a job interview
- Visit his/her school
- Take a tour of the Capital Building: [www.denvergov.org](http://www.denvergov.org)
- Tour the Tivoli Center, Tabor Center, or Larimer Square
- Do homework together at a coffee shop
- Go to the race car museum
- Tour the Wings Over the Rockies Air & Space Museum: [www.wingsmuseum.org](http://www.wingsmuseum.org)
- Research Seasonal/Cultural Festivals in your area
- Go check out the Flea Market
- Go on the tea tour at Celestial Seasonings in Boulder



## More AWESOME Things to do...

### Community Service & Random Acts of Kindness



#### Volunteer Together

\* Food Bank

\* Animal Shelter

\* Hospital

\* Nursing Home

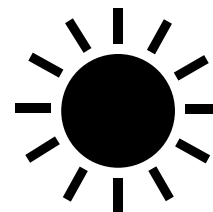
Pick up garbage in a park or neighborhood

Bake cookies and deliver them to a friend

Help a neighbor with yard work or shovel snow

Send someone a Thank You Card

\* Talk to your Mentor Specialist about specific organizations and opportunities



### Entertainment



- Go see a movie at Elvis Cinemas- Only \$!
- Go to a play
- Go check out "Film on the Rocks" at Red Rocks
- Eat at an ethnic restaurant
- Go to an age appropriate arcade and play video games
- Play miniature golf
- Play cards or a board game at the park
- Go for ice cream at Dairy Queen
- Go to Castle Rock Outlet Stores
- Build something together: model cars, etc...
- Work on cars or bikes
- Build something with legos
- Scrap book together
- Listen to music
- Go to a concert
- Watch street performers
- Go bowling
- See a Movie in the Park or an outdoor theater

[www.denvergov.org/recreation](http://www.denvergov.org/recreation)

### Life Skills

- Talk about money; create a budget
- Visit a college campus together
- Create a resume
- Job Shadow
- Ride the RTD
- Go to church together
- Read a book together and discuss topics
- Look at a college application
- Go to the library
- Go to a yard sale or thrift shop
- Knit or Crochet
- Cook a meal
- Take a craft class or paint pottery

