

25 in 25 - Activities to Complete in One Day

Select which activities you would like to take part in during 2025.

1. Make a list of **25** things you want to achieve in 2025
2. Complete **25** star jumps
3. Write down **25** things you are grateful for
4. Make a list of **25** things you like about yourself
5. Take a **25** minute walk
6. Complete **25** puzzles, crosswords, or brain teasers
7. Learn **25** words in a new language
8. Create a playlist with **25** of your favourite songs
9. Do **25** squats or lunges
10. Write a **25** line poem
11. Find **25** quotes that inspire you
12. Make a list of **25** books you would like to read one day
13. Take **25** photos
14. Learn **25** new facts
15. Have a **25** minute dance party
16. Take part in a **25** item scavenger hunt
17. Run **25** laps of a playground or field
18. Learn to tie **25** different knots
19. Complete **25** random acts of kindness
20. Swim **25** laps of a swimming pool
21. Make a list of **25** places you want to visit
22. Bounce a ball **25** times
23. Toss and catch a ball **25** times without dropping it
24. Complete **25** different yoga poses
25. Tell **25** different jokes

25 in 25 - Activities to Complete in One Year

Select which activities you would like to take part in during 2025.

1. Visit **25** different parks
2. Read **25** new books
3. Bake **25** new treats
4. Try **25** foods you have never tried before
5. Watch **25** films
6. Read **25** short stories
7. Complete **25** DIY craft projects
8. Try **25** new hobbies
9. Learn **25** different drawing techniques
10. Make **25** handmade gifts for friends or family
11. Listen to **25** different podcasts
12. Research **25** different artists and their style of art
13. Learn about **25** different types of trees
14. Try **25** new foods
15. Meet **25** new people
16. Try out **25** new recipes
17. Identify **25** different flowers or plants
18. Build **25** different things using LEGO bricks
19. Try **25** different chocolate bars
20. Learn **25** magic tricks
21. Volunteer to help family, friends or neighbours with **25** tasks
22. Write or illustrate a **25** page story
23. Spend **25** hours volunteering for a local charity
24. Listen to **25** audiobooks
25. Design **25** handmade greetings cards to send through the year

25 in 25

Write an activity in each of the sections. They can be activities that you can complete in a day, an hour or a combination of the two. Once you have completed the activity, colour that section in a colour of your choice. At the end of the year, you should have a beautifully coloured picture that helps you to remember all of your achievements in 2025!

