25 in 25 - Activities to Complete in One Day

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

25

AWPRINT FAMILY

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

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25 in 25 - Activities to Complete in One Year

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

25

WPRINT FAMILY

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

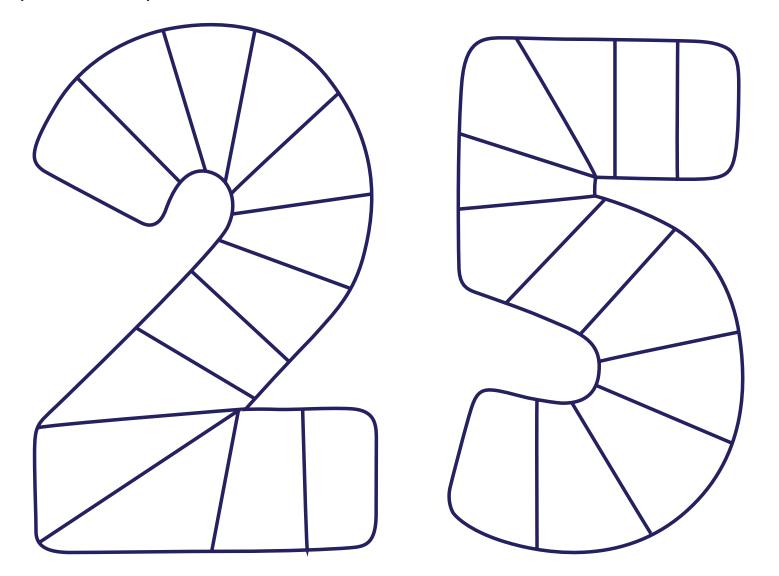
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25

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!





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