**50 Fun Things To Do Without Alcohol & Drugs Bulletin Board**

There are lots of fun things to do on and off campus that many new students might not be aware of. Some students have shared that they choose to drink and use other drugs “because there is nothing else to do.” We want students to know that there are many ways to have fun without the use of substances on campus, in Flagstaff and the surrounding area.

Suggestions for creating this bulletin board:

* Use Health Promotion’s “20 Fun Things To Do” handout as inspiration
* Include about 25-35 “fun things”, then leave the rest blank for residents to fill in
* Consider including some version of the message above (e.g. “Have some sober fun!”; “Looking for something fun to do this weekend?”)
* Include a few resources where your residents can learn more. Considering creating a QR code for each resource or using some other method to make it as easy as possible for residents to access the resources.
  + NAU Event Calendar: <https://events.nau.edu>
  + Downtown Flagstaff: <https://downtownflagstaff.org>
  + National Institutes of Health: College Drinking: <https://www.collegedrinkingprevention.gov/parentsandstudents/students/default.aspx>
* Use the content on the following pages to get you started. Change the fonts, colors, etc. to make it your own!

**50 FUN THINGS**

to do without alcohol & drugs

*Physical Distancing Edition*

1. Go for a hike on the Arizona trail that runs through campus
2. Take a walk around Buffalo Park
3. Host a virtual dinner party with your friends
4. Plan a virtual game night with your friends
5. Join a student club or organization
6. Go on a virtual sightseeing tour
7. Go on a virtual museum tour
8. Play tennis at Thorpe Park with your roommate
9. Go snowshoeing with your roommate
10. Practice yoga outside
11. Find a nice spot to hang a hammock and relax!
12. Find a new recipe to try
13. Attend a virtual fitness class
14. Stream a movie
15. Do a puzzle
16. Watch a virtual concert
17. Read a book – for fun!
18. Paint
19. Start a gratitude journal
20. Dance





