

THE YES DAYS ADVENTURE JAR

Cut along the lines. Fold. Drop in a jar. Pull one when the day needs a little adventure.

• Hit every park in town in one afternoon.	• Family bike ride to nowhere in particular.	• Kids pick the game, parents have to play (and lose).
• Star night: blankets in the yard, no phones, just look up.	• Hike a brand new trail nobody in the family has tried.	• Trade jobs for an hour. Kids cook, parents play.
• Drive to the prettiest sunset spot and stay till dark.	• Pack the trunk with snacks and chase a thunderstorm.	• Go fish, even if nobody catches a thing.
• Tin foil spaghetti night. Pour it on the table, eat with your hands.	• Shepherd's Dinner: candles, meats, cheese, fruit, dips, no plates, no forks.	• Backyard movie night with a sheet, a projector, and popcorn.
• Sunrise breakfast in the car at the prettiest spot you can think of.	• Build the biggest pillow fort in the house and sleep in it.	• Geocache hunt with the free app, see how many you can find.
• Open the door, look both ways, walk the direction you never walk.	• Pick a color, then find ten things outside that match it.	• Print a state map, blindfold, point, and go.
• Eat dessert first. Once. On purpose.	• Backwards day: pajamas at dinner, breakfast for supper.	• Build a backyard obstacle course and time each other.
• One yes to a question you'd normally say no to. Just one.	• Library scavenger hunt: each kid grabs a book about a place they want to go.	• Sunset sprinkler run or cold plunge, even if it's freezing.