



8

THINGS TO DO BY YOURSELF

1

READ A BOOK

Escape to another world. Learn something new. Change your perspective.

2

PLANT A GARDEN

Get in touch with life. Get your hands dirty. Smell the flowers

3

WATCH A MOVIE

Get lost in the story. Then think about its meaning.

4

TAKE A WALK

In the city or in a park. Look at the buildings. Look at the people. Smell the flowers, listen to the sounds.

5

LIST 5 THINGS YOU LIKE ABOUT YOURSELF

Your style. Your ears. Your height. Whatever you like. Write them down.

6

VISIT A MUSEUM

Look at art. Learn about history. Explore other cultures

7

TAKE A DAY TRIP

Take the train, or drive to the next city. Explore it!

8

BE STILL

Breathe. Listen to your heartbeat. Feel your body. Love it.

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