



30 Microadventures *for Ordinary Days*

A little menu of unexpected, everyday joy.

No expensive plans. No perfect mornings. No streaks.

Just tiny experiments you can try your own way.

How to use this little guide

- Flip to a theme that sounds interesting, or close your eyes and point.
- Try one idea in five minutes, ten minutes, or whenever you feel like it.
- Change the rules if you want. This is an invitation, not homework.



Small adventures. Your own kind of joy.





A Different Kind of Tuesday

Little ways to loosen up an ordinary routine.

☐ **01 Dress for Your Mood**

Wear one color or accessory simply because it makes you smile.

☐ **02 The Upside-Down Menu**

Have breakfast for dinner, or make a snack plate feel like a feast.

☐ **03 A Ten-Minute Theme**

Give ten minutes a theme: art studio, space mission, cozy hotel. Play along.

☐ **04 The One-Shelf Remix**

Rearrange one tiny corner of your space just to see it differently.

☐ **05 Everyday Object Awards**

Give an over-the-top acceptance speech to your most useful household item.

☐ **06 The Mystery Pick**

Write three easy, fun options on scraps of paper. Draw one and do it.

The one I might try first: _____

Five minutes counts. Your version counts, too.



Curiosity Breaks

For the part of you that still loves a good what-if.

- ☐ **07 A Tiny Origin Story**
Find out where a familiar phrase or expression came from.
- ☐ **08 Museum of One Thing**
Give an ordinary object a hilariously serious museum label.
- ☐ **09 Pattern Detective**
Find as many circles, stripes, or triangles as you can in two minutes.
- ☐ **10 The Two-Minute Expert**
Learn how one everyday thing works, like a zipper or a pencil eraser.
- ☐ **11 Rewrite the Ending**
Invent a happier, stranger, or funnier ending to a familiar story.
- ☐ **12 Behind the Door**
Imagine a kind, ridiculous story about what is behind an ordinary door.

The one I might try first: _____

Five minutes counts. Your version counts, too.



Make Something Tiny

There is no audition. Make it because it sounds fun.

- ☐ **13 A Six-Word Story**
Tell the story of your day in exactly six words.
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- ☐ **14 One-Line Creature**
Draw a creature without lifting your pen from the paper.
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- ☐ **15 Postage-Stamp World**
Sketch an imaginary place inside a one-inch square.
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- ☐ **16 Household Mascot**
Give a household object a name, personality, and secret talent.
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- ☐ **17 Three-Color Experiment**
Make a tiny piece of art using only three colors.
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- ☐ **18 Invent a Holiday**
Name a wonderfully unnecessary holiday and its one-minute tradition.

The one I might try first: _____

Five minutes counts. Your version counts, too.



Connection & Conversation

Small ways to make ordinary interactions more interesting.

- ☐ **19 The Impossible Invention**
Ask someone: What should exist by now but somehow does not?
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- ☐ **20 A Ten-Second Voice Note**
Send a friend one delightfully silly question they can answer later.
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- ☐ **21 The Sixty-Second Story**
Trade a funny little memory in one minute or less.
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- ☐ **22 Life-Hack Exchange**
Ask for one clever everyday shortcut, and share one of your own.
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- ☐ **23 The Silly Top Five**
Compare your top five fictional sidekicks, snacks, or unlikely superpowers.
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- ☐ **24 The Good Surprise**
Ask someone about a time life surprised them in a lovely way.

The one I might try first: _____

Five minutes counts. Your version counts, too.



A Little More Your Way

Play with possibility without making it a five-year plan.

☐ **25 Name This Chapter**

Give today a chapter title. It can be funny, dramatic, or wonderfully plain.

☐ **26 A Tiny Future Plan**

Imagine one ten-minute thing you would genuinely enjoy this week.

☐ **27 The Anti-Bucket List**

Write three things you are perfectly happy never doing.

☐ **28 Try on a New Hat**

Be a poet, designer, or inventor for ten minutes. Make one small thing.

☐ **29 A Menu of Moods**

Choose three moods you enjoy and a tiny way to invite each one in.

☐ **30 Your Kind of Tuesday**

Finish this sentence: A really good ordinary day would include...

The one I might try first: _____

Five minutes counts. Your version counts, too.



All 30, at a glance

Save this page, tape it up, or simply pick one at random.

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A little reminder: delight is allowed to be small.

This is not a 30-day challenge, and you never have to finish it.

More spontaneous adventures? Explore the illustrated Micro Joy Adventures card deck online.