

# The GROWN-UP Grid

I don't want to adult today

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Are you over Lockdown?  
Tired of being an adult?  
What to break free? Here  
are some fun and not so  
serious options...

Make biscuit dough and eat it uncooked	Skip around the house humming loudly	Eat ice cream and lick the bowl	Make a blanket fort and hide in it
Do some finger painting and mix all the colours together	Tell knock knock jokes	Have a loud dance party with songs from your teenage years	Drink with a straw and slurp loudly
Jump on the trampoline shouting loudly	Eat chocolate and don't share it	Throw a tantrum	Make a pile of leaves out on the lawn and jump in them
Sit in the car and making brrrming noises pretending you are a rally driver	Dress up as a super hero for a day	Sing loudly while you are in the bathroom	Video yourself singing a 'pop star' song