

1. **Swimming** → The best way to start Saturday morning and stay active at the local pool.
2. **Reading** → Exploring new imaginary worlds through adventure books in the afternoon.
3. **Cooking** → Preparing simple, delicious meals with family in the kitchen.
4. **Painting** → Using colorful landscapes to calm down and express creativity.
5. **Cycling** → Riding around the neighborhood park for fresh air and stamina.
6. **Board-gaming** → Playing indoor games with a sibling when it rains outside.