



50 THINGS TO DO INSTEAD OF BEING ON YOUR PHONE

a champs gentle menu to real life

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

This little guide was born during AA Plus's 7th year Anniversary, when we came together to brainstorm all the meaningful ways our hands and hearts could spend their time instead of scrolling.

Think of this as a gentle menu for real life - fifty quiet nudges and invitations to bring you back to what truly matters: your breath, your presence, and your soul. They are small enough to try right now, and kind enough to return to whenever you need a soft reset.

Pick one. Try three. And come back when your thumbs get restless again. Here's to choosing presence and blooming in the real world, Amin!

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A Gentle Menu for Real Life

FIRST BLOOM

Give your restless fingers purpose

1. Write a to do list
2. Read a real book
3. Give yourself a gentle face massage
4. Brew a warm drink
5. Make something simple to eat
6. Sketch whatever is in front of you
7. Place your phone in another room
8. Gift away one thing you no longer need
9. Fold something with care
10. Touch the nearest living thing

SECOND BLOOM

Give your body a little wiggle

11. Stretch your hands in the air
12. Sit-ups if you're already lying down
13. Give yourself a hug
14. Walk on the spot
15. Simple stretches
16. Gentle side to side twists
17. Shoulder rolls & neck releases
18. Smile for one minute straight
19. Brush your hair with care
20. Do a little wiggle sequence

THIRD BLOOM

Find your people

21. Cook or bake together
22. Colour with someone
23. Sit with a family member / a loved one
24. Start a gratitude circle
25. Read a story aloud to someone

THIRD BLOOM (cont'd)

Find your people

26. Leave a sticky note compliment
27. Host an analog party
28. Do a small act of service
29. Give someone a real hug
30. Teach someone a tiny skill

FOURTH BLOOM

Join the fresh air club

31. Look at the moon, or the sky, by day
32. Follow a cloud with your eyes
33. Trace the outline of a leaf
34. Grounding with bare feet
35. Birdwatching / listening
36. Go on a colour hunt
37. Journal in nature
38. Take slow breaths facing the Qibla
39. Collect three small natural things
40. Open a window wide and lean into the air

FIFTH BLOOM

Take a sacred pause

41. Make a specific dua for someone
42. Talk to Allah ﷻ about your day
43. Sit with one Ayah - let it linger
44. Thank Allah ﷻ for your body, part by part
45. Learn the meaning of Ayatul Kursi
46. Stay with your favourite zikir
47. Send salawat to the Prophet ﷺ
48. Recite istighfar as you think back on your day
49. Open the mushaf & stay with what finds you
50. Speak to Allah ﷻ for the Ummah



First Bloom

GIVE YOUR RESTLESS FINGERS PURPOSE

Touch the real world for a minute

1.

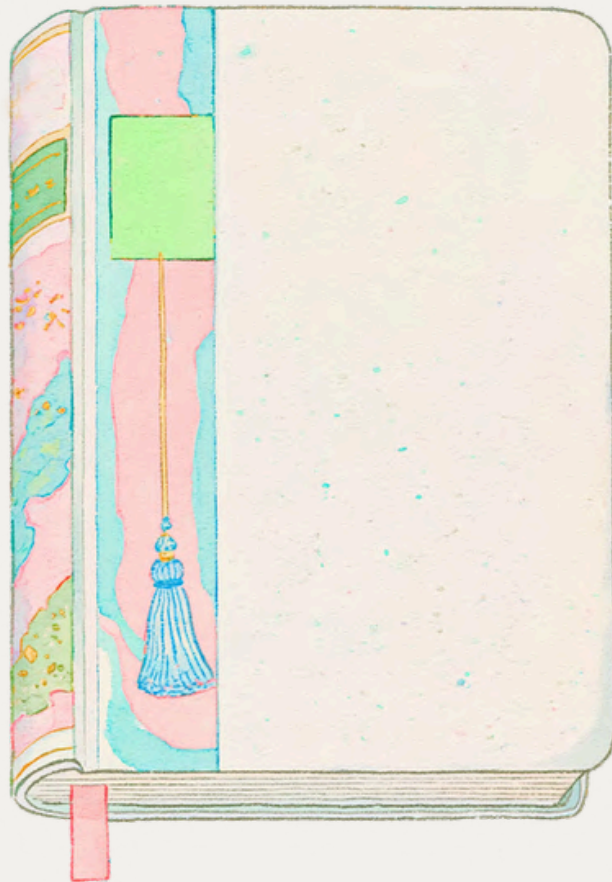
WRITE A TO DO LIST



Let the quiet swirl in your mind spill softly onto the paper. It doesn't need to be neat or organized; messy thoughts deserve a safe place too. Writing things down is a quiet act of kindness to your future self as once the ink touches the page, your shoulders will slowly, finally drop too.

2.

READ A REAL BOOK



Feel the texture of real paper between your fingers and let just one or two pages be enough. Books ask for a slower, softer kind of attention that screens never give us. You don't need to finish the chapter, just a brief visit into another person's world is plenty to reset your heart.

3.

GIVE YOURSELF A GENTLE FACE MASSAGE



Rest your warm fingertips against your temples, jawline, and brow. We carry so much unsaid tension in our faces throughout the day. Take one slow, quiet minute to knead the tightness away.

And as your face softens under your touch, the rest of you will gently follow.

4.

BREW A WARM DRINK



Listen to the kettle boil, watch the steam curl upward, and pour it into that one mug you always reach for. Take a moment just to breathe in the aroma before your first sip. This tiny, unhurried ritual is your day's gentle reminder: you are worthy of being cared for, especially by yourself.

5.

MAKE SOMETHING SIMPLE TO EAT



Toast a slice of bread, slice a piece of fruit, or gently scramble an egg. There is a quiet, healing magic in preparing food with your own hands. It doesn't need to be gourmet or elaborate - simple, honest food made with love is the truest kind of nourishment.

6.

SKETCH WHATEVER IS IN FRONT OF YOU



Pick up a pencil and draw anything that is in your line of vision - the soft drape of a curtain, or the way sunlight falls across the floor.

Drawing is simply about looking closely enough to truly see. And it doesn't ask for perfection, just your presence.

7.

PLACE YOUR PHONE IN ANOTHER ROOM



Put your device away in another room where you can't casually grab it. With your hands suddenly free, notice what they feel drawn to make, hold, or explore. That quiet space away from a screen is often the gentlest way home to yourself.

8.

GIFT AWAY ONE THING YOU NO LONGER NEED



Open a cupboard or closet and pick one item from your room that someone else might enjoy more than you do right now - a book, a cozy sweater, or a pretty bag. Passing something forward breathes fresh life into it for someone else, leaving your space lighter and your heart a little more open too.

9.

FOLD SOMETHING WITH CARE



Take a simple sheet of paper and follow each crease with patient fingers. Watch how something flat transforms, fold by fold, into something delicate and whole. The slow rhythm of folding is its own quiet form of peace. (And hey, if cranes aren't your thing, there's always laundry!)

10.

TOUCH THE NEAREST LIVING THING



Rest your palm on the cool leaf of a houseplant,
or stroke the warm fur of a sleeping cat.

Living things ground us back into the physical
world in a way nothing digital ever can.

It is a tender reminder that life is
right here, right beside you.



Second Bloom

GIVE YOUR BODY A LITTLE WIGGLE

Small movements to reset into real life

11.

STRETCH YOUR HANDS IN THE AIR



Reach your fingertips toward the ceiling and let your whole body lengthen. A full, generous stretch wakes up all the quiet corners you forgot you were holding tight. Stay there for one deep, slow breath, then gently melt back down.

12.

SIT-UPS IF YOU'RE ALREADY LYING DOWN



If you're already cosied up on the bed or rug, curl softly toward your knees just a few times. No fitness routine, no pressure - just inviting a little warm energy into your core right where you are. Even three or four slow movements can completely shift the way your body feels.

13.

GIVE YOURSELF A HUG



Spread your arms out as wide as they will go,
then wrap them tightly around your own
shoulders. It is a sweet, tender kindness:
reminding your body that it is safe, cared for,
and held. Hold the squeeze for a moment
until you feel your breath deepen.

14.

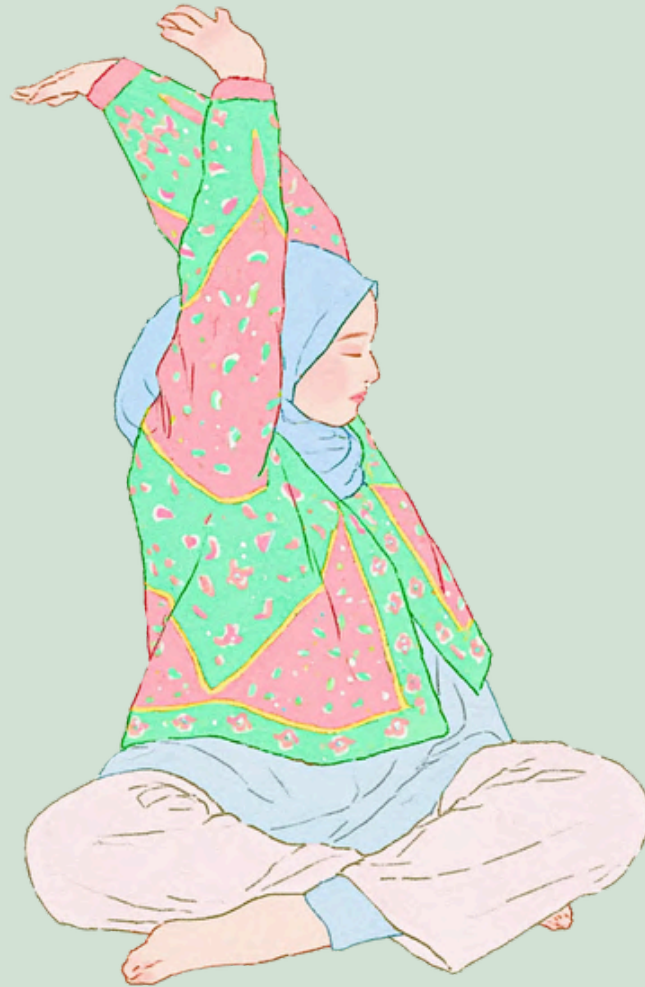
WALK ON THE SPOT



Lift your feet and find an easy, steady rhythm right where you are standing. You don't need a destination for movement to count. Just a couple of minutes of shifting your weight from foot to foot shakes off the stiffness of sitting still for too long.

15.

SIMPLE STRETCHES



Drop down to the carpet or a soft rug and choose a comforting shape - curl into a child's pose, fold forward softly, or just lie flat on your back. No poses to master here; this is simply offering your spine a quiet, grounding place to land.

16.

GENTLE SIDE TO SIDE TWISTS



Sit up tall in your chair and turn gently to your right, then softly to your left, letting your breath lead the way. Keep it gentle, no tugging or forcing. A slow seated twist is a lovely reminder that movement doesn't have to be big to feel completely refreshing.

17.

SHOULDER ROLLS & NECK RELEASES



Draw your shoulders up to your ears, roll them back, and let them drop. Then gently tilt your ear toward each shoulder, letting gravity do the work. So much tension sneaks into our necks so let these slow, smooth circles bring softness back in.

18.

SMILE FOR ONE MINUTE STRAIGHT



Let the corners of your mouth curl upward softly, even if it feels a little goofy at first. Your body remembers joy when you invite it in. Holding a gentle smile for sixty quiet seconds has a funny, beautiful way of shifting the emotional weather in your chest.

19.

BRUSH YOUR HAIR WITH CARE



Pick up your brush and run it through your hair unhurriedly, section by section. You can braid it or twist it up softly if you like. This isn't about rushing to look presentable for the world - it is purely about the soothing, rhythmic comfort of tending to yourself.

20.

DO A LITTLE WIGGLE SEQUENCE

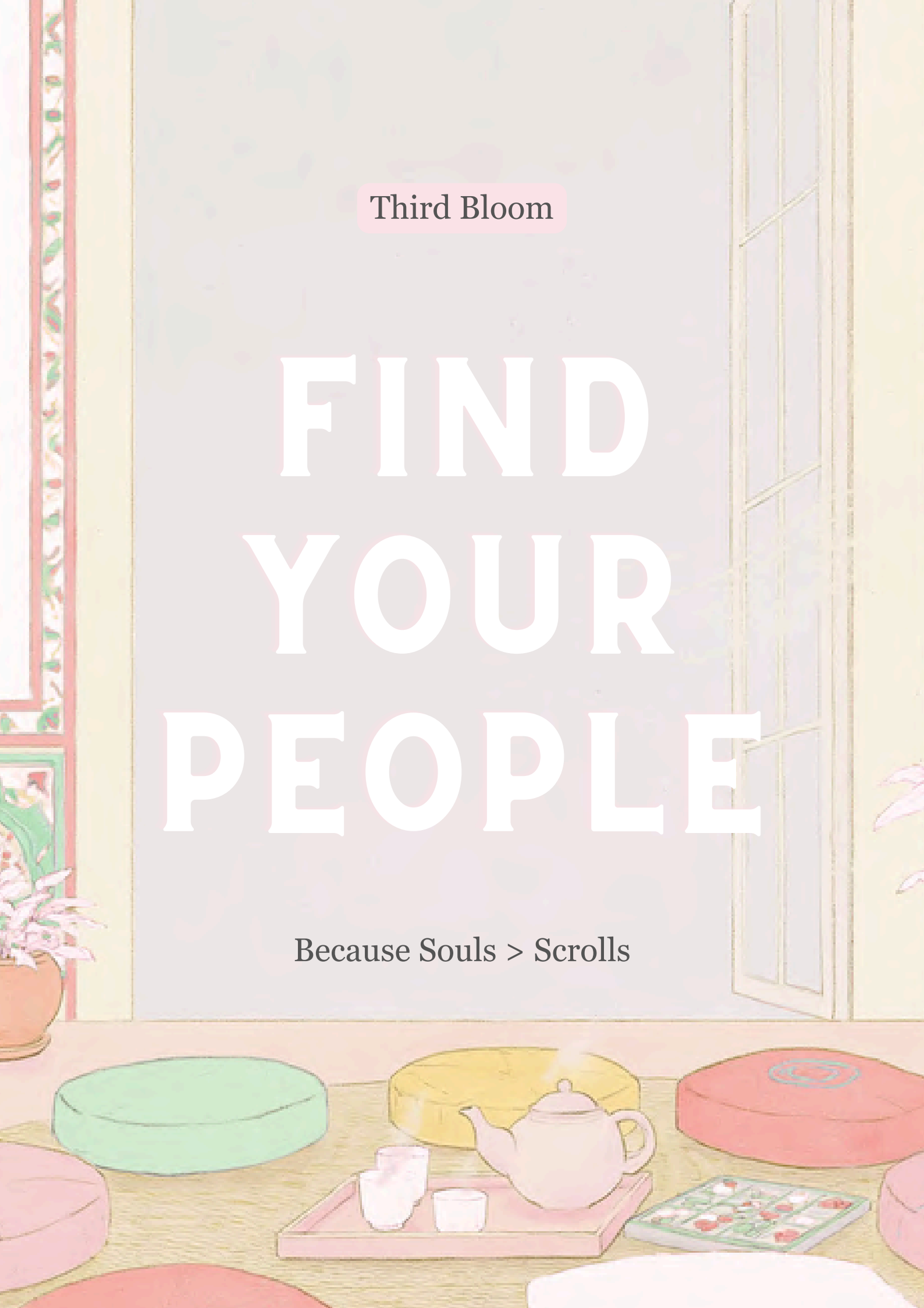


Pick a few favourites from the list above and flow through them in one go. Move through them without stopping to overthink. A stretch, a hug, a twist - whatever your body asks for. The sweetness is in the flow: one small movement inviting the next.

Third Bloom

FIND YOUR PEOPLE

Because Souls > Scrolls



21.

COOK OR BAKE TOGETHER



Invite someone into the kitchen and make something side by side. Shared chopping and stirring turns an ordinary meal into a memory. The food matters, but the company is the real recipe.

22.

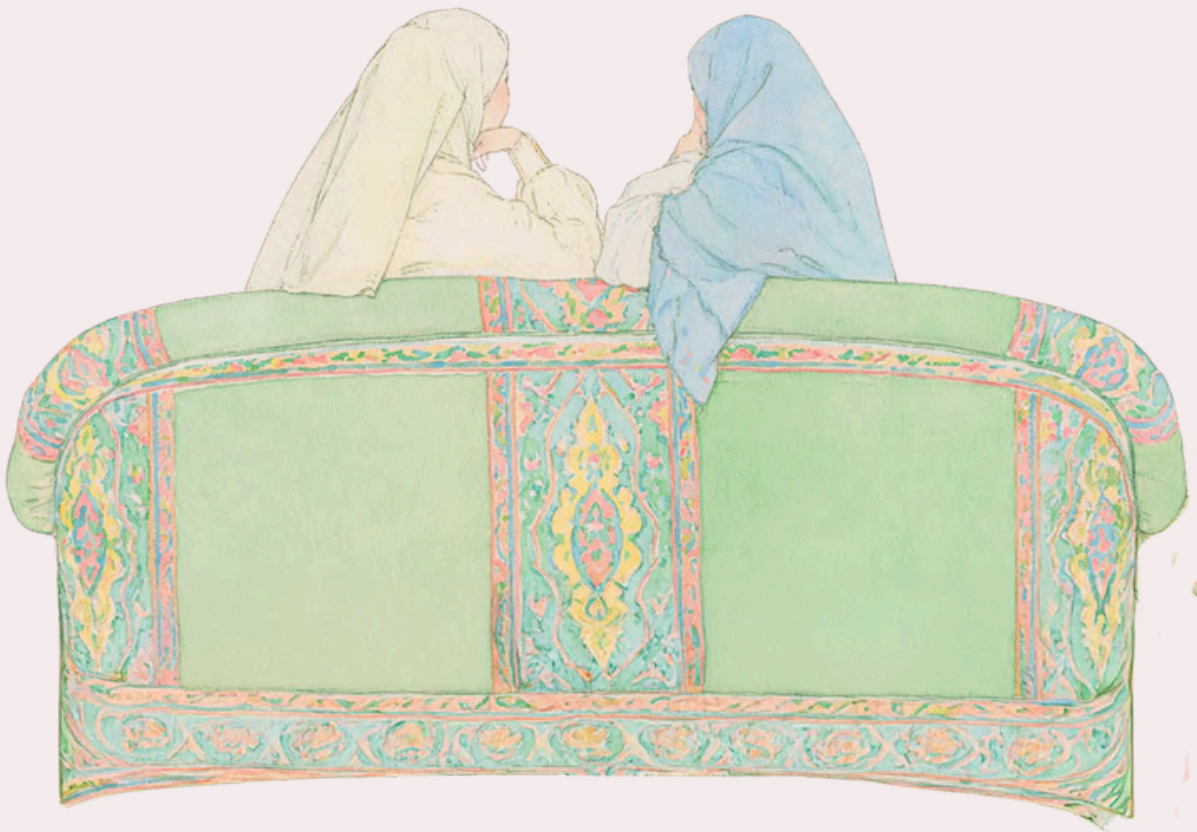
COLOUR WITH SOMEONE



Pull out a page, split a handful of colored pencils, and fill in the spaces side by side. You don't even need to talk much. Just the quiet sound of pencil on paper and shared company is enough to melt the noise of the day away.

23.

SIT WITH A FAMILY MEMBER / A LOVED ONE



Sit close and let the conversation wander
wherever it wants. You don't need a topic list
or a problem to solve. Sometimes the kindest
gift is simply unbroken time.

24.

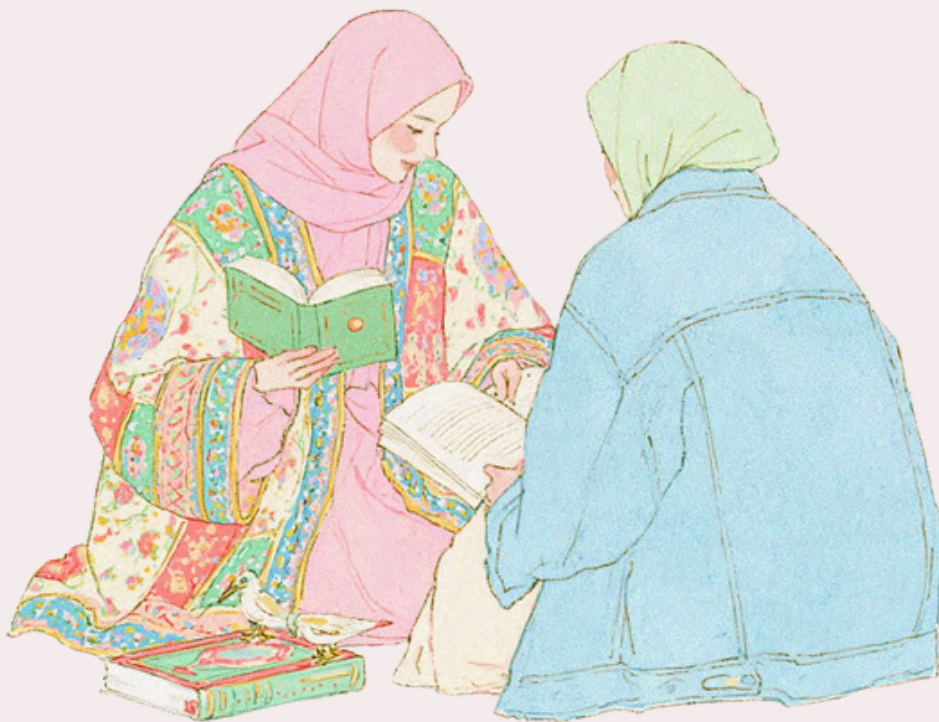
START A GRATITUDE CIRCLE



Go around the room and let each voice share one simple thing that felt good today. It doesn't have to be big - a warm breeze, a sweet text, or a good meal counts. Speaking goodness aloud has a way of warming every heart at the table.

25.

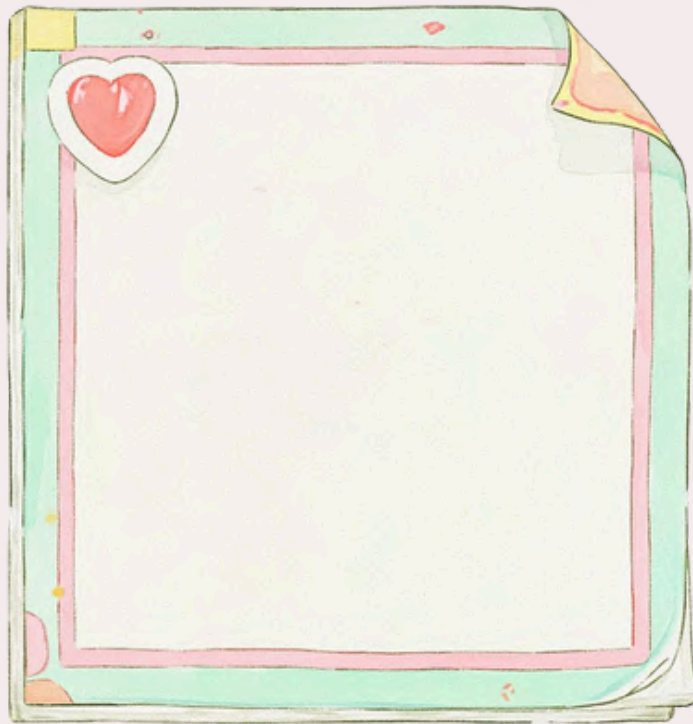
READ A STORY ALoud TO SOMEONE



Pick a gentle story, a cozy chapter, or a meaningful reflection and read it out loud to someone you love. There is an old, comforting magic in being read to, offering everyone in the room a quiet place to rest their minds together.

26.

LEAVE A STICKY NOTE COMPLIMENT



Write one true, kind sentence and leave it on a mirror, a laptop, or a lunch bag. You may not see their face when they find it, but you'll have planted a little brightness in their day.

Kindness counts even when it's quiet.

27.

HOST AN ANALOG PARTY



Invite a few people over in one room with good snacks, a board game or a deck of cards, and zero glowing screens in sight. Fill the space with laughter, messy chatter, and eye contact - the kind of real presence your soul has been craving.

28.

DO A SMALL ACT OF SERVICE



Do one helpful thing without being asked — fold their laundry, refill their water, carry a bag. It's a soft way of saying: I see you, and I've got you.

29.

GIVE SOMEONE A REAL HUG



Wrap your arms around someone you care for and don't rush to pull away. Hold on for three full, deep breaths until you both feel your shoulders drop. A long, sincere embrace says so much that words never quite capture.

30.

TEACH SOMEONE A TINY SKILL



Show someone how to do one small thing you know - a crochet stitch, a simple dish, a short dua. Teaching is intimacy dressed as practicality, and sharing something you know weaves a thread of connection that stays long after the moment passes.



Fourth Bloom

JOIN THE FRESH AIR CLUB

Inhale real air, exhale real life

31.

LOOK AT THE MOON, OR THE SKY, BY DAY



Step outside, tilt your chin up, and let your eyes drink in the vastness above. Whether it is the soft glow of the crescent or an endless sea of daytime blue, looking upward instantly makes your worries feel smaller than the world.

32.

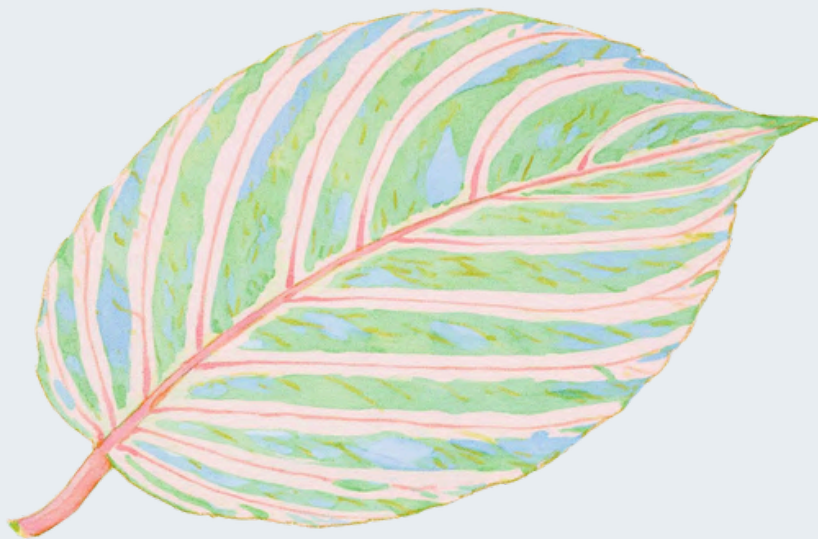
FOLLOW A CLOUD WITH YOUR EYES



Pick one cloud and stay with it. Watch it stretch, thin, or drift into something new. Clouds are patient teachers - they change without rushing you.

33.

TRACE THE OUTLINE OF A LEAF



Reach for a nearby leaf and follow its delicate edges, veins, and texture with your fingertip. Notice how much intricate beauty is packed into something so small and quiet. Nature doesn't hurry, because it knows Allah ﷻ creates and crafts everything with tender care.

34.

GROUNDING WITH BARE FEET



Slip off your socks and press the soles of your feet directly into cool grass or fresh soil. Feel the solid earth meeting you beneath every toe. Letting the world physically support your weight helps ground all that restless energy right out of your body.

35.

BIRDWATCHING / LISTENING



Close your eyes or look up into the branches and tune into the chirps, rustles, and songs around you. Birds move through the world with so much trust in each new day. Let their small, bright melodies pull your mind back into the present moment.

36.

GO ON A COLOUR HUNT



Choose one soft shade - honey yellow, moss green, or sky blue - and look around to see where it hides in nature. The world instantly becomes a scavenger hunt for beauty.

37.

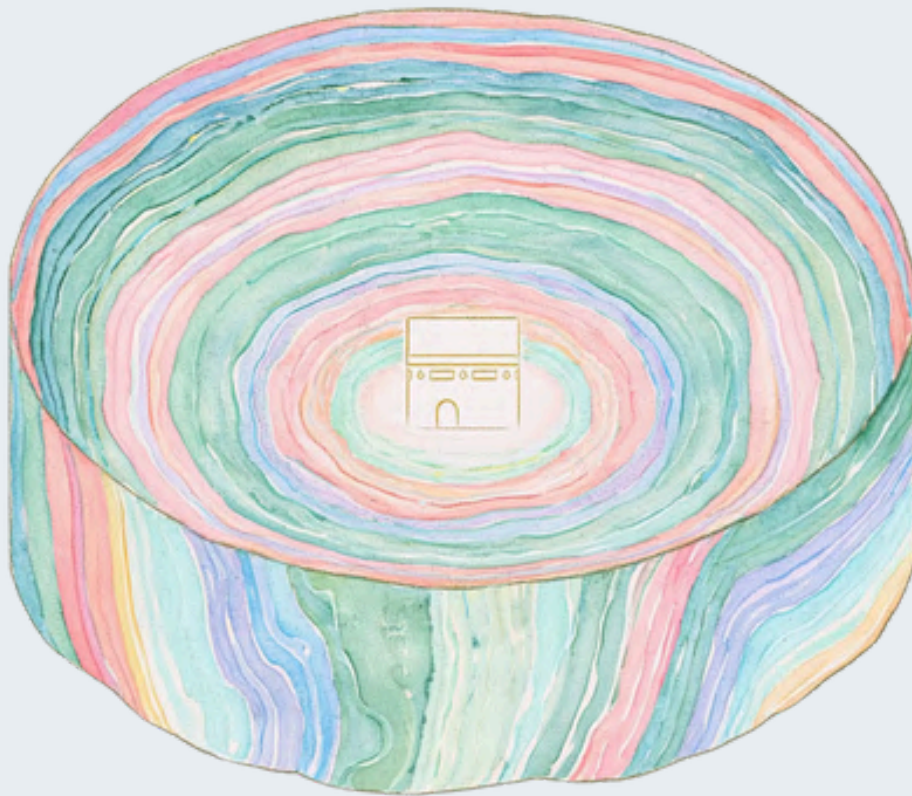
JOURNAL IN NATURE



Take a notebook outside and write a few lines while the air moves around you. It can be a feeling, a prayer, or a list of what you see. Fresh air makes honesty on the page a little easier.

38.

TAKE SLOW BREATHS FACING THE QIBLA



Turn your body gently toward the Qibla under the open sky. Close your eyes, drop your shoulders, and inhale the fresh air slowly for ten deep, nourishing breaths. Standing aligned with what is sacred while feeling the breeze is pure tranquility for the soul.

39.

COLLECT THREE SMALL NATURAL THINGS



Gather three humble treasures - a leaf, a pebble, a petal, for example. Hold them for a moment and notice their weight and texture.

These tiny keepsakes are proof you were present in the living world.

40.

OPEN A WINDOW WIDE AND LEAN INTO THE AIR



If going outside isn't possible, open a window fully and lean into whatever air comes through. Feel the temperature on your face and take it in. Even through an open window, the living world is right there, ready to refresh you.

Fifth Bloom

TAKE A SACRED PAUSE

A barakah break with your Beloved

41.

MAKE A SPECIFIC DUA FOR SOMEONE



Hold someone you love in your heart and speak to Allah ﷻ about them. You can send Al-Fatihah, or ask for exactly what they need.

Secret prayers made with a tender heart carry a deep sweetness for both of you.

42.

TALK TO ALLAH ﷻ ABOUT YOUR DAY



Find a quiet corner, drop all formal pretense, and speak to Him just as you are. Share the little things that made you smile, the quiet frustrations you held back, and what felt heavy to carry. He already knows every detail, but He loves hearing the sound of your voice turning home to Him.

43.

SIT WITH ONE AYAH - LET IT LINGER



Choose just a single verse and read it slowly, once, twice, or three times. Let the words rest softly in your chest. Ponder how it speaks directly to where you are right now, allowing its guidance and comfort to sink deep into your soul without rushing.

44.

THANK ALLAH ﷻ FOR YOUR BODY, PART BY PART



Rest flat on your bed or rug, close your eyes, and gently bring your attention from your toes up to your brow. With every breath, whisper a quiet Alhamdulillah for each of your body parts. Gratitude turns our physical bodies into vessels of peace.

45.

LEARN THE MEANING OF AYATUL KURSI



Return to Ayatul Kursi and learn what His words are carrying. Let each huruf (letter) open a little wider than before. Going deeper into a familiar Ayah can make protection feel personal again.

46.

STAY WITH YOUR FAVOURITE ZIKIR



Pick the remembrance your heart already knows and loves. Repeat it without rushing, until your breath softens and your shoulders drop. The point isn't how many times - it's that you mean it each time.

47.

SEND SALAWAT TO THE PROPHET ﷺ



Picture your greetings being presented to him ﷺ, and him ﷺ returning your salam directly to you. It is an intimate, beautiful bridge of love that instantly fills your heart with light.

48.

RECITE ISTIGHFAR AS YOU THINK BACK ON YOUR DAY



Look back at the day with gentleness and whisper Astaghfirullah. Seeking forgiveness isn't about beating yourself up; it is simply stepping into the embrace of His Mercy. Every Istighfar is a clean slate, and a soft reset for your soul.

49.

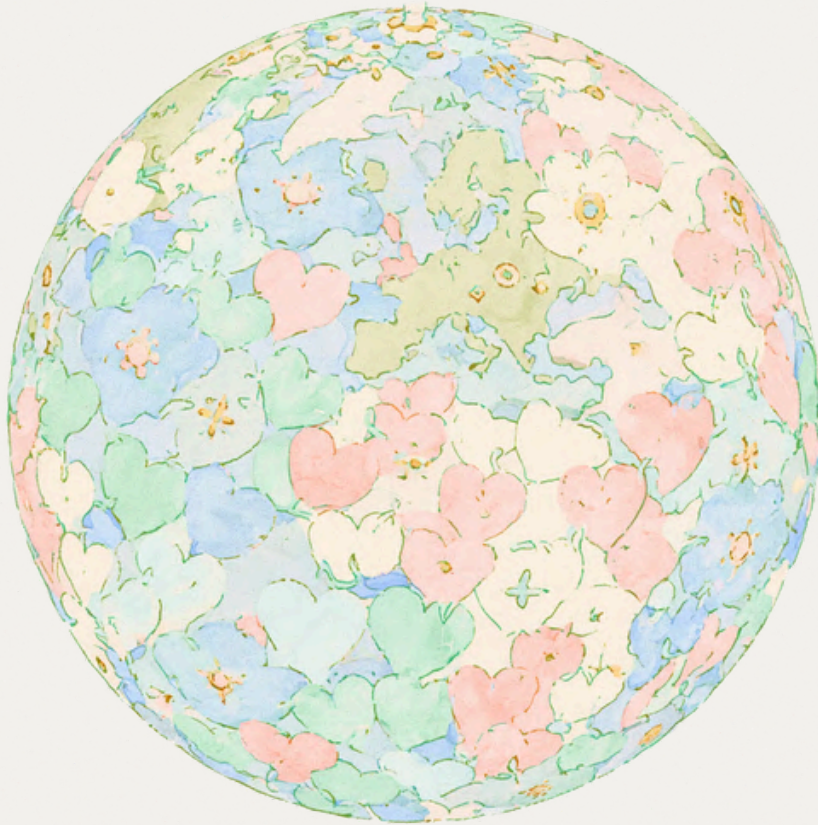
OPEN THE MUSHAF & STAY WITH WHAT FINDS YOU



Gently open the Book of Allah and let your eyes rest on the page before you. Recite whatever meets your gaze with an open, receptive heart, trusting that a much needed reminder or comfort is waiting just for you in this exact moment.

50.

SPEAK TO ALLAH ﷻ FOR THE UMMAH



Hold the wider world in your heart and make a heartfelt dua for those who are struggling, hurting, or feeling alone across the globe. Even one honest, sincere dua asking for relief and victory weaves your soul into the collective healing of the believers.

Last words before you go...

You don't have to swear off your phone forever, throw away your screens, or achieve flawless presence overnight. Growth in real life doesn't happen in dramatic leaps.

But remember that every time you gently set your phone down, you are not missing out on anything - you are simply arriving back home to yourself.

So whenever your fingers feel restless, come back to this little menu. Set the phone down, choose one small thing, and let your hands touch the real world again.

Here's to blooming in real life.

Love,

Champs of AA Plus

