

50 WAYS TO MAKE MODERN LIFE MORE WONDER-FULL

1. Find a “sit spot” where you can regularly observe for 10–15 minutes in silence.
2. Take the same walk every day and try to find something new each time.
3. Choose something living (plant, animal, person) to watch for a while.
4. Find something growing out of concrete. Consider how it has survived.
5. Observe water for a few minutes—flowing, dripping, still, or sparkling.
6. Find evidence of animals outside—try to locate tracks, droppings, eaten leaves, or broken branches.
7. Go stargazing.
8. Watch the clouds.
9. Collect and study objects you find outdoors—like rocks, shells, or flowers.
10. Safely observe stormy weather and pay attention to the changes that happen before, during, and after.
11. Find a small outdoor area you’ve never visited before, and take time to observe the world from that place.
12. Safely touch different textures and see how they feel.
13. Sit quietly for a few minutes and keep track of the sounds you hear.
14. Choose a household object you can’t live without; then spend 10 minutes researching its history.
15. Before eating, consider your food and how it made it to your plate.
16. Imagine a new way of doing something familiar (such as keeping food cold, putting on clothes).
17. Hold something old and wonder about its history.
18. Get close to a small object, like a button, cataloguing its tiny details.
19. Safely follow an animal outside, paying attention to where it goes and what it does.
20. Make shadow puppets in the dark by shining a light against the wall.
21. Track a package online and consider its stops along the way.
22. Observe yourself in different reflective surfaces—like mirrors, spoons, sunglasses, or water.
23. Close your eyes and observe your environment.
24. Enjoy a musical album by an artist and wonder what inspired that set of songs.
25. When someone does something kind or courageous, wonder why they did it.

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26. Ask someone to show you five favorite photos and ask about the stories behind them.
27. When you meet a stranger, let yourself wonder about their life.
28. Ask yourself or someone else: "What was the last thing that really sparked your curiosity?"
29. Ask yourself or someone else: "What is something you wonder about often?"
30. Consider the most beautiful thing you've experienced. Replay it in your head and wonder why it moved you.
31. Consider the most beautiful thing you've heard or felt. Replay it in your head and wonder why it moved you.
32. Listen to someone tell a story without planning a response; then ask questions to learn more.
33. Notice other people's hidden talents or acts of kindness and tell them what you see.
34. Instead of listing moments of gratitude, write about why they matter.
35. Make a list of everything you want to research or read about one day.
36. Consider the challenges you and loved ones have faced, and ask how you got through them.
37. Notice different smells throughout your day and pay attention to how they make you feel.
38. Experience a new band or artist and wonder about their personal journey.
39. With permission, touch the face of someone you love and create a mental map.
40. Go to a museum and spend time exploring different displays.
41. Watch magicians perform tricks live or online.
42. Create a place to collect your wonder questions, to investigate when you have time.
43. Go to a library or bookstore and look at books that spark your interest.
44. When you don't understand something, pause and sit with not knowing before seeking answers.
45. Wonder how your mind works and what makes the way you approach the world unique.
46. Look up simple kitchen science experiments and have some science-y fun at home.
47. Go outside and stand on the grass or in the dirt without your shoes on.
48. Keep a diary with your daily observations, questions, and ideas.
49. Notice how time feels in different situations, and ask why.
50. Pause the next time you get tears, chills, or whoas and ask why it happened.

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Create Your Own Wonder-Full List

I generated this list with help from Claude.AI, the AI platform I use. I asked Claude to give me a starter list based on my interview notes and research on awe and wonder. Then, I asked Claude to ensure the recommendations could be applied to all ages and abilities. From there, I asked for edits to ensure recommendations worked for people in unsafe or underresourced environments and for those with sensory struggles. Most but not all meet these criteria; some are not universally accessible. If you want to create a list that works for you, try using AI the same way. Consider AI as your assistant, not your teacher. Rely on your own knowledge and creativity to decide what goes on your list.

Here's a prompt to get you started: "Can you create a starter list of 50 simple and free activities I can do to tap into my natural sense of wonder?" Then tell the AI platform some personal details to help with customization. This might include your age, geographic location, and any specific interests or limitations.