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Ways For Busy Moms to Escape Adulthood



written by busy moms
edited by kim kotecki
art by jason kotecki

Moms, you are amazing. You are **modern-day superheroes**. Somehow you keep everything together, enabling the earth to continue to rotate on its axis without any snags. But, let's be honest, it's **not always easy**. Busyness sneaks up and causes unwelcome stress and unbalance, leaving you with a hearty case of **Adultitis**. In an effort to prevent this deadly disease, we have compiled this list for moms all over the world. Many of these tips (submitted by real-life, really busy moms) can be done with your kids, husband, friends, or even by yourself.

Happy Escaping!

Written by readers of www.EscapeAdulthood.com

Edited by Kim Kotecki • Art by Jason Kotecki • ©2007

1. Leave for a long (childless) weekend. See a show, go to a theme park, enjoy all of the things you can't do with the kids.

2. Spend the afternoon in the backyard, eating popsicles and running through the sprinkler.



3. Put on a really horrid Halloween mask and stand outside the bathroom door and scare someone silly.

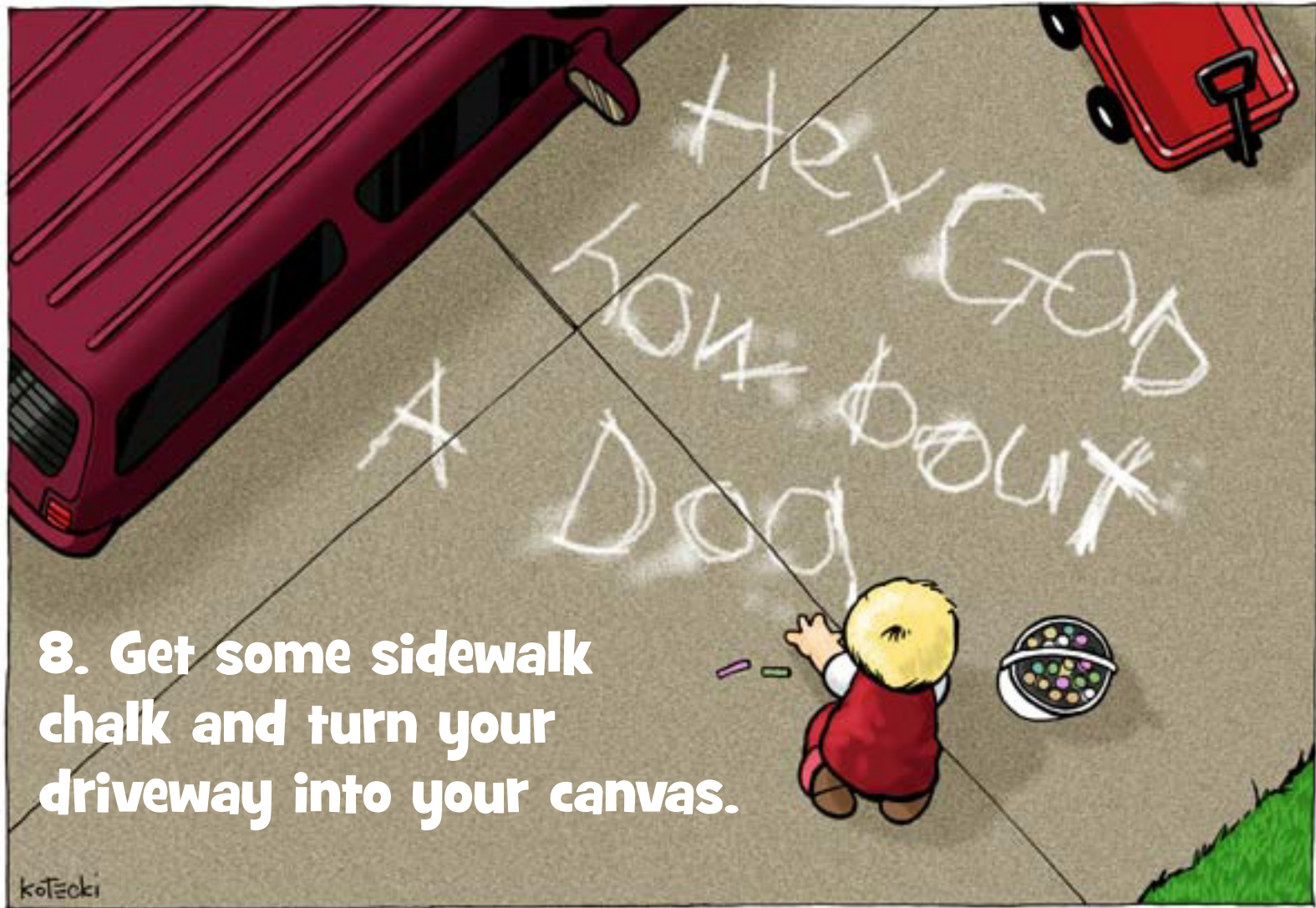
4. Enjoy a “girly” shopping day.

5. Spend hours reading Harry Potter.

6. Read a book in the bathtub.



7. Go swinging at the park.



8. Get some sidewalk chalk and turn your driveway into your canvas.

9. Play dodgeball • 10. Go down a slide • 11. Go on a bike ride



12. Play dolls (or action figures.)

13. Buy some plastic squirt guns and ambush your kids.

14. Play Marco Polo in a public pool.

15. Instead of finger painting, try feet painting.



16. Brighten up a rainy day by going out for ice cream.

17. Buy a cutesy dog carrier purse for your dog.

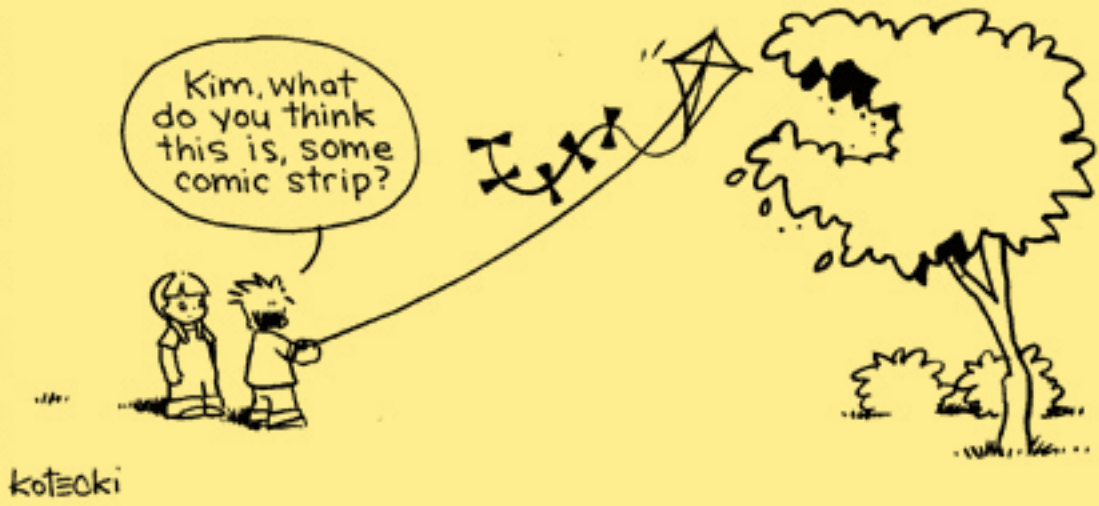
18. Build a tent in your living room out of sheets tied to chairs. Throw in lots of blankets, pillows, and couch cushions. Fill it with books and lay around reading for hours.

19. Pose for a picture with a mascot while on vacation.

20. Make your own “twirl skirt” and twirl around your backyard.

21. Have a pillow fight before bed.

22. Spend the day in the country.

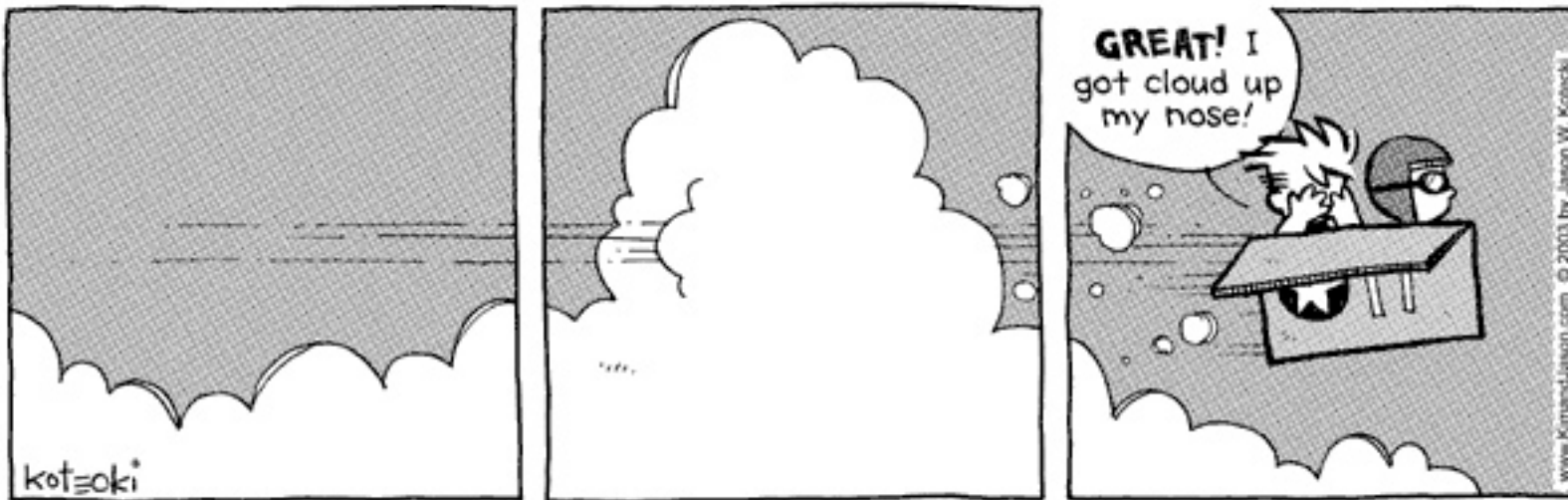


23. Fly a kite.

24. Have dessert first.

25. Set up a tent in your living room and go camping in the winter.

26. Sit around a campfire.



cloud watching

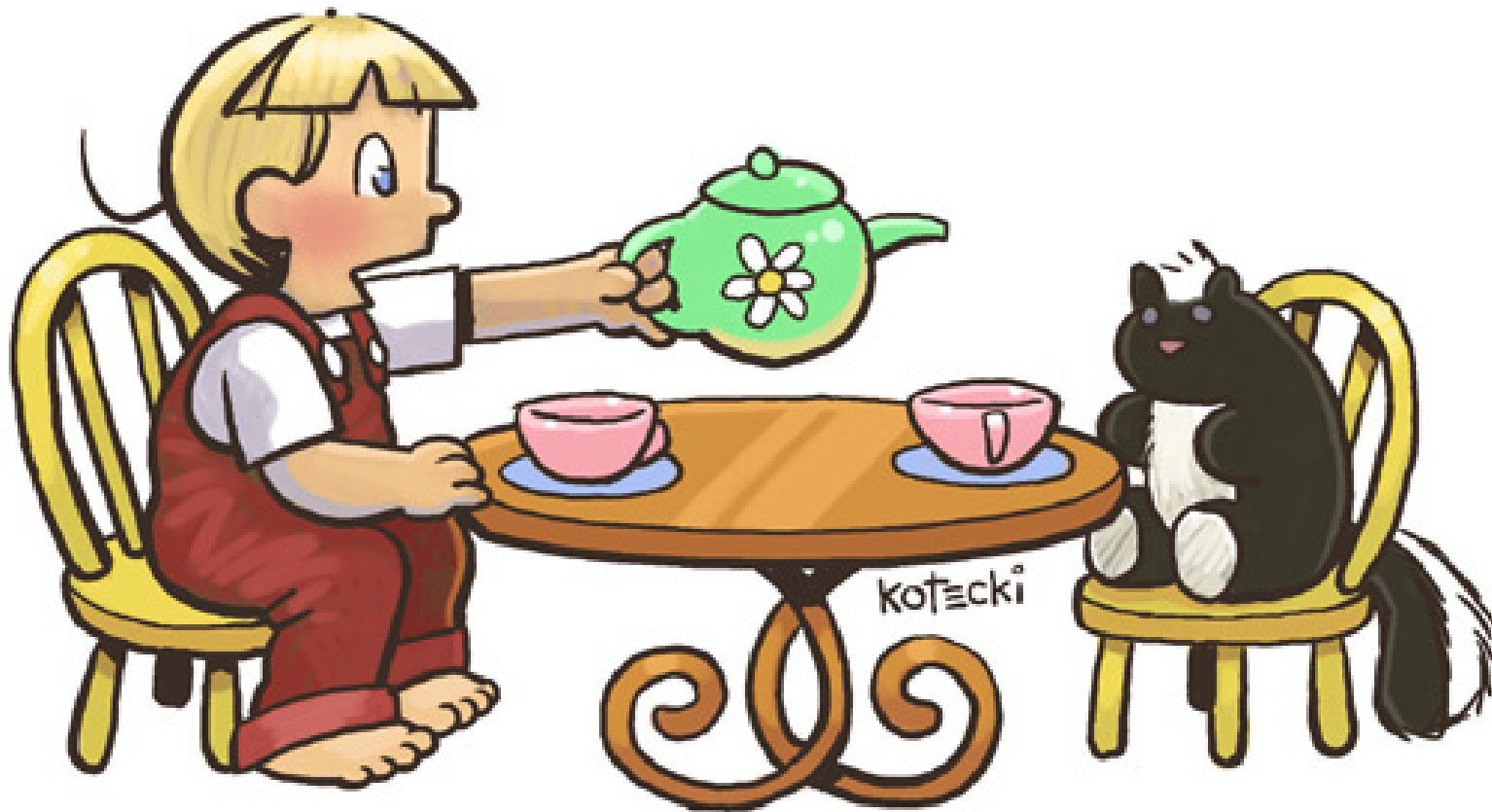
27. Spend the afternoon cloud watching.

28. Build something cool with Legos.

29. Conduct fun experiments, like setting grapes out in the sun to dry just to see what happens.

30. Splash barefoot in the water at the beach.

31. Have a bedtime tea party. Sit in your jammies and have a feast of cookies and tea complete with candles and fresh picked flowers.





32. Sing off-key made-up songs.

33. Fill the tub up, to overflowing, with bubbles. Lock the door, turn up some music, and soak.

34. Go bowling at home, either with a plastic set of pins and balls or make your own out of household items.

35. Create an obstacle course in your backyard.



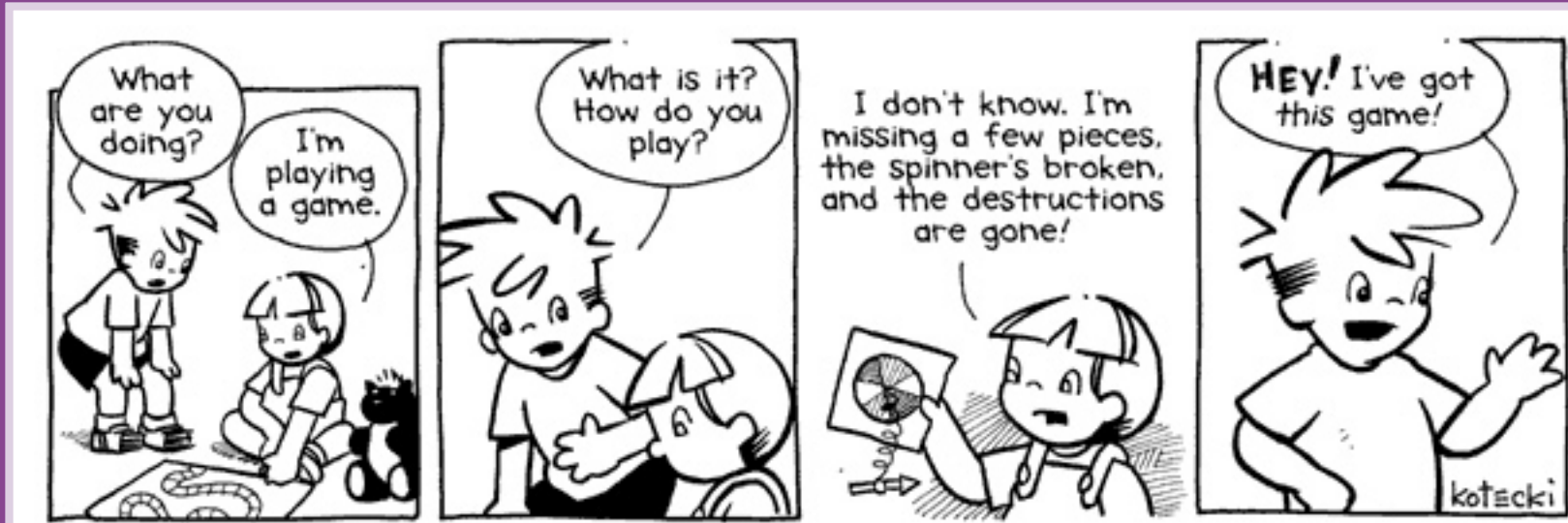
36. Read countless fairytales.

37. Record a fun voicemail.

38. Make sand angels at the beach.

39. Go for an adventure in the world of make-believe.

40. Forget about cleaning and play a game instead.



41. Go for a drive by yourself, eject the nursery rhyme CD, turn up the music on the radio, and sing as loudly as you can.

42. Take a nap in the middle of the afternoon.

43. Get an old fashion ice cream maker and make unique ice cream flavors, and go gaga over all the toppings.

A cartoon illustration of two children dancing joyfully against a red background. On the left, a girl with blonde hair, wearing a white shirt and red overalls, has her eyes closed and arms outstretched. On the right, a boy with dark, spiky hair, wearing a green t-shirt and dark shorts, also has his eyes closed and arms outstretched. Musical notes are floating around them. A small white daisy with a yellow center is on the ground between them. The signature 'Kotěcki' is visible on the right side of the illustration.

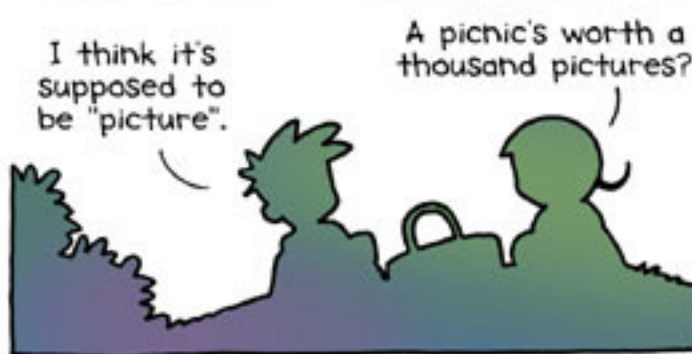
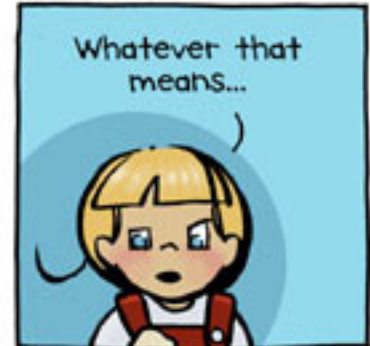
44. Dance around your living room to some silly music.

45. Float mini Oreos in your milk.

46. Indulge yourself in a video game, without anyone knowing.

47. Go on a weekend Boy Scout canoeing trip.

48. Have a picnic of peanut butter and jelly sandwiches in the backyard.



49. Spend hours on the beach looking for shells.

50. Feed the birds.

51. Tape the sprayer on the sink into the spray position and completely douse your husband.

A night scene with a dark blue, starry sky. Several glowing fireflies are scattered across the sky. In the foreground, there are three cartoon characters: a red one on the left, a yellow one with a blue eye in the middle, and an orange one with a white eye on the right. They are sitting on a grassy area. The signature 'kotECKI' is visible in the bottom left corner.

52. Catch fireflies.

**53. Climb in the tubes at
Chuck E. Cheese.**

54. Dust off your old Atari games.

55. Play in the flower garden.

56. Enjoy a freshly baked chocolate chip cookie and a glass of milk.

59. Jump on the bed.



57. Start a blog.

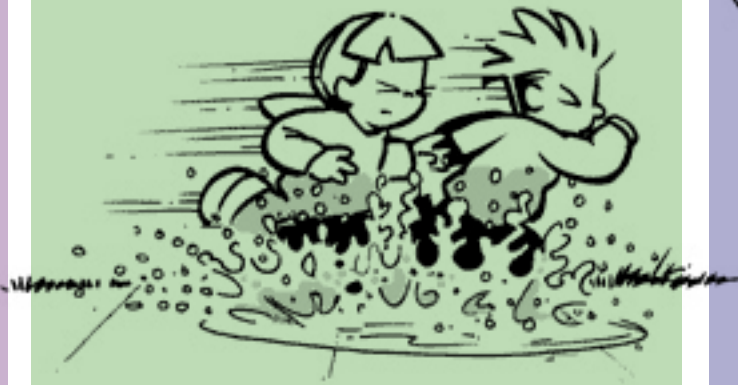
58. Go for a walk and take pictures of flowers along the way.



www.KimandJason.com © 2004 by Jason W. Kotelski

61. Go to a carnival. Ride a carousel, racehorses, and eat frozen bananas.

60. Play in the rain.



62. Ignore your adult duties for two hours to curl up and watch a Disney movie.



63. Volunteer to be a clown for an upcoming event.

64. Have ice cream for breakfast.

64. Read the books you loved as a kid.

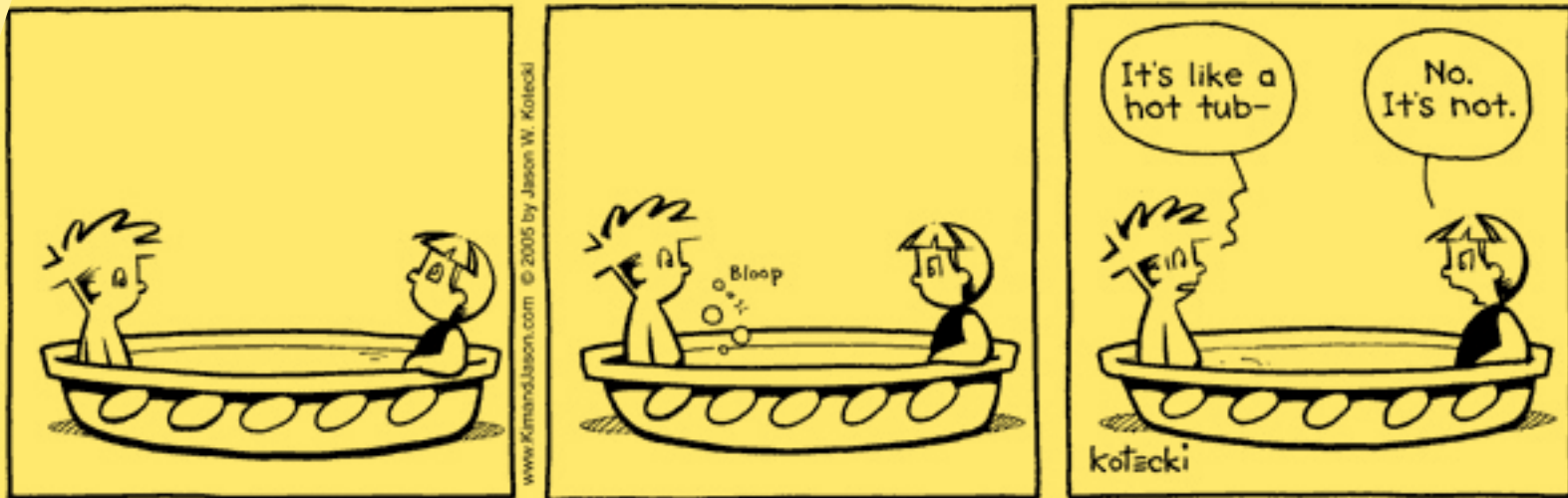
66. Blow bubbles with scented bubble soap.

67. Take your kids to the pool and play with them, instead of talking to another mom while they play or just trying to lay out and get a tan.



69. Hang out at the beach in a BATHING SUIT.

68. Go swimming. Compete for best dive, best cannonball, who can swim the most laps under the water and most somersaults.



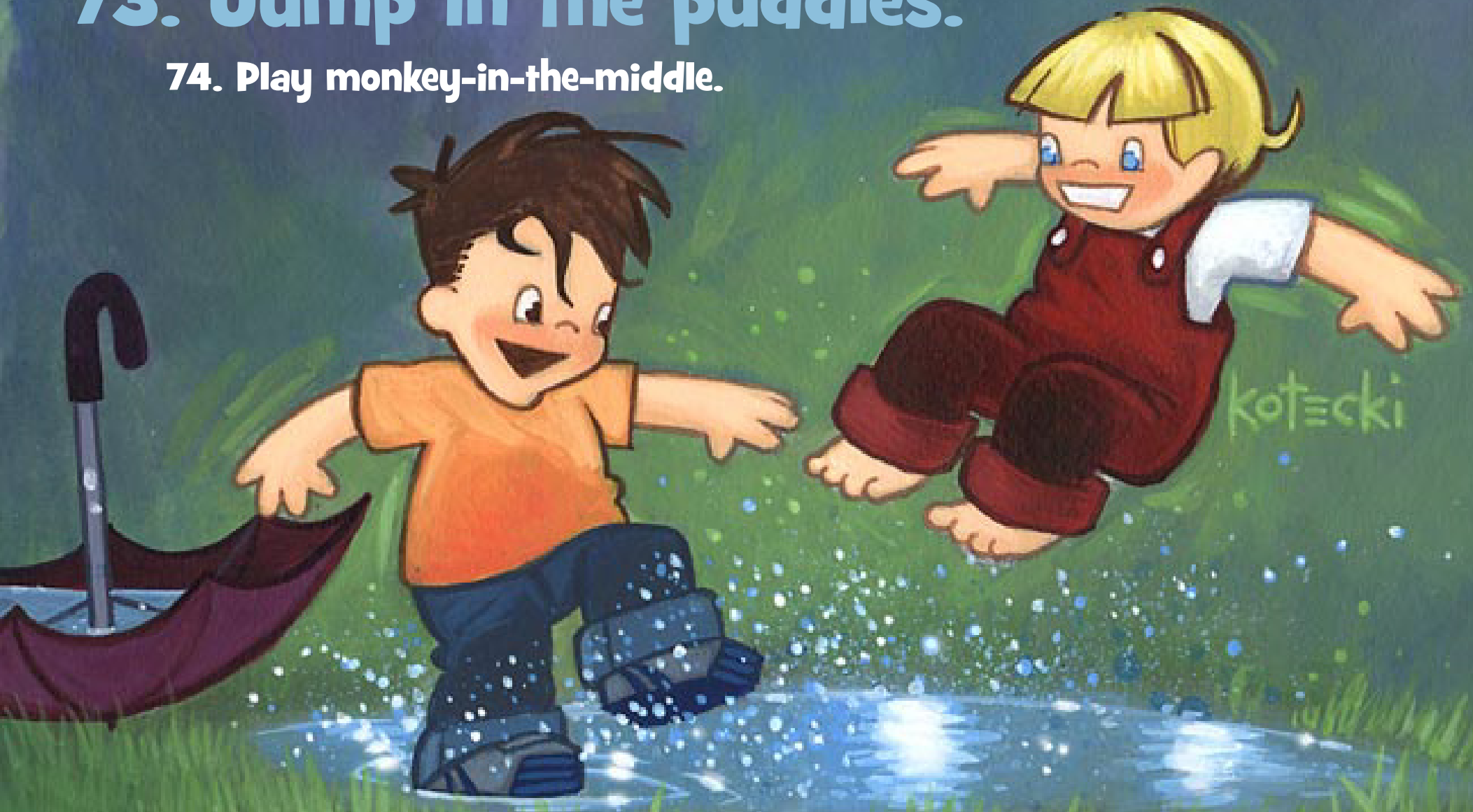
70. Have some “mommy time” by lighting some candles and taking a bubble bath. You are not to be bothered unless someone needs to go to the ER or the house is on fire.

71. Do a cartwheel in your front yard.

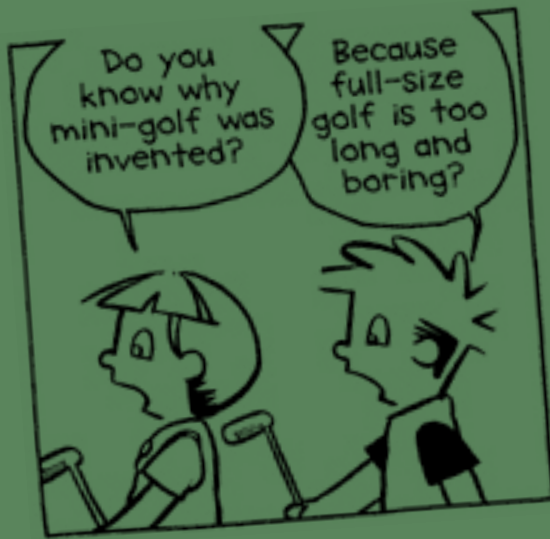
72. Bury your feet in the sand.

73. Jump in the puddles.

74. Play monkey-in-the-middle.



75. Play with Play-Doh®.



76. Play mini-golf

77. Curl up on a cool, cloudy day with a big mug of tea and a good book, and forget all of your grown-up responsibilities.

78. Run off to the scrap-booking store for some creative time.

79. Follow the frog to see where it is going.



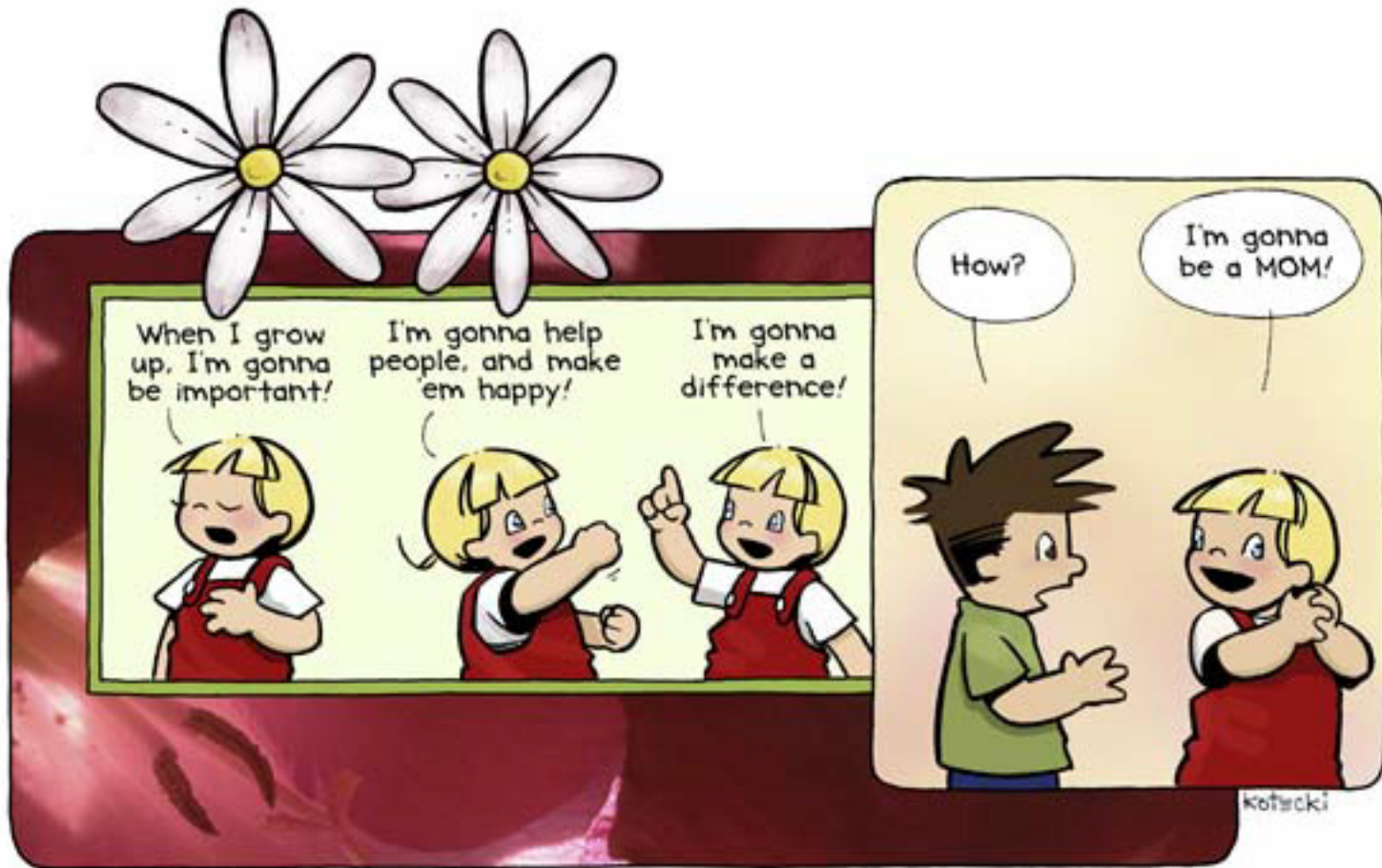


Thanks for everything!

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:: MOTHER ::

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