Hey [Friend's Name]!

I hope you're doing well! I've been thinking it would be great for us to take a break and have a fun casual day together.

How about we plan a day full of activities like going to the park, grabbing some lunch at that new cafe, and maybe catching a movie afterwards? I think it would be a great way to unwind and enjoy some quality time.

Let me know what you think and if you have any other ideas! I'm really looking forward to it!

Cheers,
[Your Name]