

# IDEAS FOR PLEASANT ACTIVITIES



Go outside in Nature

Help someone

Attend a concert or play

Plan a trip

Change furniture around

Read a book or a magazine

Play the lottery or a board game

Complete a difficult task

Take a long bath

Collect natural objects (rocks, shells, etc.)

Sing

Play a musical instrument (or learn to play one)

Sit out in the sun

Go to the park

Give a gift to someone

Tell a joke or watch a comedian

Contemplate a trip

Eat a favorite food

Cook a favorite food

Pray

Do a good job

Walk barefoot

Listen to music

Watch a movie

Fix something broken



Eat in a restaurant

Learn to do something new

Remember, talk over good memories

Wake up early in the morning

Write in a Journal or diary

Croché, knit, sew

Spend time with a loved one

Write a letter

Exercise

Garden or care for a plant

Play with kids

Play with your pet

Help others with homework

Receive a massage

Visit a friend

Attend church

Dance

Go to the park

Dress up

Take pictures

Go for a drive

Watch people

