



Pleasant Activities List

1. Journal
2. Draw or paint
3. Cook a healthy meal
4. Visit a friend
5. Walk in the park
6. Learn a new subject online
7. Read a book
8. Exercise at home
9. Go for a bike ride
10. Call a friend/family member
11. Join a book club
12. Do a puzzle
13. Knit/crochet/sew
14. Color
15. Go to church/place of worship
16. Organize a room
17. Go to a support group
18. Take a bubble bath
19. Window shop
20. Bake a dessert
21. Join a choir
22. Play a board game/cards
23. Go for a jog
24. Go to a movie
25. Garden at home
26. Join a community garden
27. Play an instrument
28. Go out to dinner
29. Do a craft
30. Play with your children
31. Volunteer
32. Go to the gym
33. Explore a museum
34. Visit the library
35. Be a tourist in your hometown
36. Do a crossword
37. Pick up an old hobby you've stopped
38. Go to a concert
39. Listen to a podcast
40. Join a fantasy sports league
41. Learn photography
42. Start a blog
43. Visit the zoo
44. Practice origami
45. Make a time capsule
46. Go geocaching
47. Clean up the neighborhood
48. Fly a kite/paper plane
49. Rearrange your furniture
50. Build a blanket fort with your kids
51. Make a family tree
52. Go swimming
53. Play with shelter animals
54. Play Frisbee
55. Attend a community class
56. Have a snowball fight
57. Take a dance/exercise class
58. Have a barbecue
59. Go to an aquarium
60. Go to a yoga class
61. Join a community sports league
62. Go on a picnic
63. Relax on the beach
64. Host a movie night at home
65. Go bowling
66. Hike a nature trail
67. Have a bonfire