## **PLEASANT ACTIVITIES LIST:**

## **PANDEMIC EDITION**

Sorting vacation photos	Buying, selling stock
Going on a virtual date	Doodling
Relaxing	Exercising
Watching a movie	Thinking about buying things
Jogging, walking	Having discussions with friends
Thinking, "I put in a full day's work	Riding a bike
today"	Singing around the house
Listening to my favorite music	Arranging flowers
Thinking about past parties	Practicing religion
Buying household gadgets online	Organizing tools
Lying in a sunbeam	Going to the beach
Planning a career change	Thinking, "I'm an OK person"
Laughing	Having a day with nothing to do
Thinking about past trips	Reuniting with old class mates on
Listening to other people	social media
Reading magazines or newspapers	Painting
Engaging in hobbies (model building,	Doing something spontaneously
knitting, etc.)	Doing needlepoint, crewel, etc.
Planning a day's activities	Sleeping
Meeting new people online	Listening to an audiobook
Remembering beautiful scenery	Driving
Saving money	Thinking about getting married
Drawing a "tattoo" on myself	Taking a sauna or a steam bath
Writing a song parody	Thinking about having a family
Going "home" from "work": shutting	Dancing
down email, changing shirt	Thinking about happy moments in
Eating	my childhood
Sewing	Splurging
Practicing karate, judo, yoga	Doing something new
Thinking about retirement	Working on jigsaw puzzles
Repairing things around the house	Playing cards
Working on my machines	Soaking in the bath
Remembering the words and deeds	Thinking, "I'm a person who can
of loving people	cope"
Deep clean appliances	Taking a nap
Wearing shocking clothes	Figuring out my favorite scent
Having quiet evenings	Making a card and sending it to
Cuddling my pet(s)	someone I care about
Taking care of my plants	Instant-messaging/texting someone

	Playing a board game		Looking at the moon or stars
	Putting on favorite clothing		Taking an online class
	Drinking a smoothie slowly		Outdoor work in my yard (cutting or
	Thinking, "I am doing well right now"		chopping wood, farm work)
	Putting on makeup		Creating memes
	Working on my car		Sorting clothes
	Planning how to get out of debt		Playing in the sand, a stream, the
	(applying for funding, creating a		grass; kicking leaves, pebbles, etc.
	budget etc.)		Protesting social, political, or
	Thinking about a friend's good		environmental conditions
	qualities		Reading cartoons or comics
	Completing something I feel great		Reading sacred works
	about		Thinking how it will be when I finish
	Surprising someone with a favor		school
	Surfing the Internet		Dying my hair
	Playing video games		Creating art with photography
	E-mailing friends		Rearranging or redecorating my
	Planning a career		room or the house
	Going walking or sledding in a		Thinking about how much I've grown
	snowfall		Snowmobiling or riding a dune
	Trimming my own hair		buggy/ ATV
	Solving riddles		Writing silly poems
	Installing new software		Social networking
	Buying music		Soaking in the bathtub
	Watching sports on TV		Learning or speaking a foreign
	Meditating		language
	Following an online tutorial		Dressing up my pet(s)
	Taking care of my pets		Talking on the phone
	Doing volunteer service		Composing or arranging music
	Watching funny videos/comedies		Baking
	Working in my garden		Browsing Wikipedia
	Blogging		Sorting your change
	Fighting for a cause		Playing a math game
	Conducting experiments		Making paper dolls
	Putting lotion on myself/others		Telling a joke
	Expressing my love to someone		Teaching someone something new
	Going on nature walks, exploring		Making someone laugh
	(hiking away from known routes)		Telling someone about my day
_	Playing a visual/spatial game	_	Doing my nails
	Political discussions with friends		Asking someone about their day
	Joining or forming a band	_	Colouring
	Learning to do something new		Checking in on people who are sick,
	Listening to the sounds of nature		isolated, or in trouble

	Showing off my collection	
	Planning an ideal vacation	
	Playing dress-up Browsing daily deals on online stores	
	Listening to a podcast	<b>U</b>
	Watching roller coaster videos	
	Browsing e-books in the library	$\Box$
	Discovering new music	
	Reflecting on my own past kindness	<b>U</b>
	Trying out a new free App	
	A virtual evening with good friends	
	Watching the helpers	<u> </u>
	Being a helper	
	Sending someone a gift Turning something old into	
Ц	something new	
П	Lighting a candle and focusing on	<b>_</b>
	the flame	
	Kissing	
	Hanging out on the balcony	
	Having virtual family get-togethers	<b>U</b>
	Going camping in my backyard	
	Researching the history of something	
	that I own	
	Starting an online group chat  Join an online club	<b>U</b>
	Watching nature videos	
_	Playing a word game	
	Ordering from a new restaurant	
	Livestream myself playing music	<u> </u>
	Posting pictures of my pet(s)	
	Going swimming in a private pool	
	Cutting paper with scissors	<b>_</b>
Ш	Putting something in my window for	
	neighbours to see Reading fiction	
	Following a recipe	
_		<b>U</b>
Ot	her ideas:	
-		