

Fun Activities Around the House

Relaxing

1. Soaking in the bathtub
2. Listening to music
3. Reading magazines or newspapers
4. Having quiet evenings
5. Doodling
6. Singing around the house
7. A day with nothing to do
8. Watching boxing, wrestling
9. Early morning coffee and newspaper
10. Reading fiction
11. Reading non-fiction
12. Meditating
13. Having a virtual coffee date
14. A self-massage
15. Taking a sauna or a steam bath
16. Playing a computer game
17. Making jigsaw puzzles
18. Playing with pets
19. Listen to a relaxation CD

Physical Activity

20. Jogging, walking
21. At home workout
22. Practicing karate, judo, yoga
23. Bird watching/ nature walk
24. Playing musical instruments
25. Cooking, baking
26. Gardening
27. Refurbishing furniture
28. Going bike riding
29. Cleaning
30. Dancing
31. Indoor/backyard picnic
32. Doing ballet, jazz/tap dancing
33. Rearranging the furniture in my house

34.

Imagery

35. Recalling past parties
36. Thinking about my past trips
37. Remembering beautiful scenery
38. Thinking how it will be when I finish school
39. Thinking about retirement
40. Remembering the words and deeds of loving people
41. Thinking about buying things
42. Thinking about getting married
43. Writing books (poems, articles)
44. House plays and concerts
45. Daydreaming
46. Thinking about pleasant events
47. Writing diary/journal entries or letters
48. Thinking about having a family
49. Thoughts about happy moments in my childhood
50. Solving riddles mentally
51. Seeing and/or showing photos or slides or pictures
52. Doing crossword puzzles
53. Thinking religious thoughts
54. Fantasizing about the future
55. Thinking I'm a person who can cope
56. Thinking I have a lot more going for me than most people
57. Look at old yearbooks
58. Imagine your life after school
59. List things you like about yourself
60. Close your eyes and imagine yourself in your favourite place

Hobbies

61. Hobbies (stamp collecting, model building, ____)
62. Take care of my plants
63. Doodling
64. Arranging flowers
65. Sketching, painting, sewing
66. Doing embroidery, cross stitching
67. Online clubs (garden, sewing, ____)
68. Online Singing with groups
69. Doing arts and crafts
70. Photography
71. Star gazing
72. Acting
73. Knitting/crocheting/quilting
74. Doing woodworking
75. Having an aquarium
76. Rearrange or organize your bedroom

Projects

77. Recycling old items
78. Repairing things around the house
79. Working on my car (bicycle)
80. Making a gift for someone
81. Upload some favourite photos
82. Find a fun new ring tone for your cell
83. Check your email
84. Learn to do something new
85. Do something nice for your family or a friend

Planning

86. Planning my career
87. Planning a career change
88. Planning a day's activities
89. Thinking about retirement
90. Doing something spontaneously ☺
91. Planning to go to school
92. Making lists of tasks
93. Thinking about becoming active in the community

Self Care

94. Laughing
95. Wearing fun clothes
96. Online church, praying (practicing religion)
97. Sleeping
98. Home manicure/pedicure
99. Dressing up and looking nice
100. Doing something new

With Others

101. Laughing
102. Listening
103. Spending an online evening with good friends
104. Card and board games
105. Going to a online party
106. Having online discussions with friends
107. Discussing books
108. Watching children (play)
109. Exchanging emails, chatting on the internet
110. Having an online lunch with a friend
111. Playing cards
112. Talking on the phone
113. Saying "I love you"
114. Reach out to someone you miss

Achievement

115. Working
116. Completing a task
117. Thinking about my achievements
118. Eat a health-conscious meal plan
119. Thinking "I did that pretty well" after doing something
120. Reflecting on how I've improved
121. Thinking about good qualities

Other

122. _____