

## Enjoyable Activities

Here are several examples of enjoyable activities. Consider the things you used to enjoy doing and also think of new activities you might enjoy. Pick a few of these to try out.

(Family members: you can encourage your loved one to participate in these activities or invite them to participate in these activities with you.)

### Creative Activities

- Arranging flowers
- Baking or cooking
- Coloring in a coloring book
- Doing artwork or crafts
- Listening to music
- Making jewelry
- Painting
- Playing a musical instrument
- Sewing or knitting
- Singing
- Taking an art class
- Taking pictures
- Writing

### Physical Activities

- Dancing
- Doing yoga or pilates
- Hiking
- Participating in an exercise class
- Playing a sport, like basketball, soccer, golf, tennis, baseball, basketball or volleyball
- Riding a bike
- Running
- Skating
- Swimming
- Taking a walk
- Weight lifting

### Recreational Activities

- Attending a concert
- Doing puzzles
- Gardening
- Going to the beach
- Going to a coffee shop
- Going for a drive
- Going out to eat
- Going outside to fly a kite
- Going to the mall
- Going on a picnic
- Going to a sporting event
- Planning a trip
- Reading
- Seeing a play
- Using your computer (games, videos, e-mail, websites, etc.)
- Visiting museums (art, science, natural history, history)
- Visiting a zoo or aquarium
- Volunteering or giving to charity
- Watching your favorite TV show or movie
- Watching sports

### Self-Care Activities

- Getting a haircut
- Getting a manicure or pedicure
- Getting a massage
- Meditating
- Seeing your therapist
- Taking a bath
- Taking care of your home and personal space (e.g., organizing your closet or cleaning out your drawers)

### Social Activities

- Bowling
- Calling/talking to a friend or a family member
- Eating a meal with someone
- Going to church/synagogue/mosque
- Going to a group meeting
- Going to Meetup.com to get ideas
- Playing board games
- Playing cards
- Playing ping-pong
- Playing pool