Activity Menu



Animals

Pet an animal
Walk a dog
Ride a horse
Volunteer at an animal shelter
Go bird watching
Go fishing
Listen to the birds
Visit the zoo



Be active

Go for a walk
Go for a run
Go for a swim
Go hiking
Go cycling
Go to the gym
Go bowling
Go ice / roller skating
Play golf / football / tennis
Throw a frisbee
Fly a kite
Try a martial art



Clean

Clean the house
Clean the yard
Clean the bathroom
Clean the toilet
Clean your bedroom
Clean the fridge
Clean the oven
Clean your shoes
Do the washing up
Fill / empty the dishwasher
Do laundry
Do some chores
Organize your workspace
Clean a cupboard



Connect with people

Contact a friend Invite a friend to come over Be with friends Meet a friend for coffee Make new friends Join a new group Join a political party Join a book club Join an exercise class Join a mother & baby group Join a dating website Ask someone out Go on a date Go 'people watching' Send a message to a friend Write a letter to a friend Reconnect with an old friend



Cook

Cook a meal for yourself Cook a meal for someone else Bake a cake / cookies Roast marshmallows Have a BBQ Find a new recipe Organize a dinner party



Create

Draw a picture
Paint a portrait
Take a photograph
Doodle / sketch
Organize photographs
Make a photograph album
Start a scrapbook
Finish a project
Do some sewing / knitting



Expression

Laugh Cry Sing Shout Scream



Kindness

Help a friend / neighbor / stranger
Volunteer at a charity
Make a gift for someone
Try a random act of kindness
Do someone a favor
Offer to babysit
Teach somebody a skill
Do something nice for someone
Plan a surprise for someone
Make a list of your good points
Make a list of things or people you
are grateful for



Learn

Learn something new Learn a new skill Learn a new fact Enrol in a class Go back to school Watch a tutorial video



Mend

Repair something in the house Repair your bike / car / scooter Make something new Change a lightbulb Decorate a room



Mino

Daydream Meditate Pray Reflect Think Try relaxation exercises Practice yoga



Music

Listen to music you like
Find some new music to listen to
Go to a concert
Turn on the radio
Make some music
Sing a song
Play an instrument
Listen to a podcast



Nature

Try some gardening
Plant something
Do some pruning
Mow the lawn
Pick flowers
Buy flowers
Go for a walk in nature
Swim in the sea
Hike in the mountains
Walk in the sun
Go to the park



Plan

Set a goal Create a budget Make a 5 year plan Make a 'to do' list Make a 'bucket list' Make a shopping list



Read

Read a favourite book Read a new book Read the newspaper Read your favourite website



Schedule

Get up extra early
Stay up late
Sleep in late
Book a day off
Tick something off your 'to do' list



Self care

Take a bath
Take a shower
Wash your hair
Give yourself a facial
Trim your nails
Go for a massage
Sunbathe (wear sunscreen!)
Take a nap



Shop

Shop for groceries Shop for clothes Go to a car boot sale / yard sale Take things to a charity shop



Trave

Go for a ride in the car Take the bus somewhere Catch a train Plan a holiday



Try something new

Try a new food
Take a walk in a new place
Listen to some new music
Watch a new TV show or movie
Wear some new clothes
Read a new book
Try a new class
Do something spontaneous
Express yourself



Watch

Go to the cinema Go to the theatre Watch a movie Watch a TV show Watch a YouTube video



Write

Write a letter of complaint
Write a letter with compliments
Write a letter to your politician
Write an angry letter
Write a grateful letter
Write a 'thank you' card
Write a journal / diary
Write your CV
Start writing a book

