



Activity Examples

Social activities

- Phone/Communicate with a friend
- Visit a friend, family member or neighbour
- Go to the movies or the theatre
- See your favourite local music band
- Play with your children
- Play with your pets
- Invite friends over to watch a movie
- Invite friends over to play Board Games
- Invite yourself over to a friend's place
- Go to an amusement park with friends

Active things

- Go for a walk/jog/run/cycle
- Go roller skating
- Go to the gym
- Meet friends for a game of tennis/golf
- Kick a ball around the park
- Join Parkrun
- Yoga/Pilates/Stretching
- Run up and down stairs a few times
- Go for a swim
- Fly a kite
- Go fishing

Things you can do away from your home

- Visit and walk along the beach
- Go to the movies
- Go to a tourist attraction
- Go shopping
- Go to a festival/ market/amusement park
- Visit a museum
- Go to the library
- Watch a game of sport
- Visit an animal sanctuary

Things to do on your own

- Write to a friend/family member
- Play computer/ console games
- Write in a journal
- Write a short story/poem
- Play a musical instrument
- Draw/paint/ creative arts
- Listen to some music
- Knit/crochet/ sew
- Do a jigsaw puzzle
- Do a paint by numbers
- Read a book
- Do some woodwork
- Learn a language
- Play a one-player card game
- Look through your old photos/photo gallery
- Browse social media
- Learn something new on Youtube

What you can do at home

- Do some gardening
- Do some spring cleaning
- Listen/dance to music
- Do something creative/handiwork
- Play with your pets
- Watch television/ stream a movie
- Sit in/ walk around the garden
- Watch the wild life/listen to the birdlife
- Admire nature

Things to do for yourself

- Visit a spa for a massage/facial
- Have a manicure/pedicure
- Visit the hairdresser
- Have a bubble/aromatic bath
- Buy some colourful flowers
- Try on some new clothes
- Buy yourself a special gift
- Sit outside and observe nature