

Enjoyable Activities List



Check out the lists of ideas for things you enjoy or used to enjoy

Add any you think of and plan to do one this week

Listening to music
Soaking in the bath
Taking a shower
Reading
Walking, running
Spending time with friends or family
Spending time in nature
Going to the cinema
Watching a movie
Watching YouTube videos
Eating a special meal
Exercising
Doodling
Researching things
Singing
Playing a musical instrument
Arts and crafts
Woodwork
Team sports - e.g. football, hockey
Going to clubs
Swimming
Cycling
Cooking

Tidying
Cleaning
Photography
Writing in a diary / journal
Spending time alone
Playing pool
Chatting on the phone
Trying out new outfits
Shopping
Outdoor activities - e.g. camping, climbing, canoeing
Puzzles
Watching a series / box set
Planning activities
Practising Karate, Judo, Yoga
Gardening
Skateboarding
Acting
Meditating
Going somewhere new
Creative writing
Sightseeing
Getting your nails done
Making lists
Sorting things