

## PLEASANT ACTIVITIES LIST: PANDEMIC EDITION

- Sorting vacation photos
- Going on a virtual date
- Relaxing
- Watching a movie
- Jogging, walking
- Thinking, "I put in a full day's work today"
- Listening to my favorite music
- Thinking about past parties
- Buying household gadgets online
- Lying in a sunbeam
- Planning a career change
- Laughing
- Thinking about past trips
- Listening to other people
- Reading magazines or newspapers
- Engaging in hobbies (model building, knitting, etc.)
- Planning a day's activities
- Meeting new people online
- Remembering beautiful scenery
- Saving money
- Drawing a "tattoo" on myself
- Writing a song parody
- Going "home" from "work": shutting down email, changing shirt
- Eating
- Sewing
- Practicing karate, judo, yoga
- Thinking about retirement
- Repairing things around the house
- Working on my machines
- Remembering the words and deeds of loving people
- Deep clean appliances
- Wearing shocking clothes
- Having quiet evenings
- Cuddling my pet(s)
- Taking care of my plants
- Buying, selling stock
- Doodling
- Exercising
- Thinking about buying things
- Having discussions with friends
- Riding a bike
- Singing around the house
- Arranging flowers
- Practicing religion
- Organizing tools
- Going to the beach
- Thinking, "I'm an OK person"
- Having a day with nothing to do
- Reuniting with old class mates on social media
- Painting
- Doing something spontaneously
- Doing needlepoint, crewel, etc.
- Sleeping
- Listening to an audiobook
- Driving
- Thinking about getting married
- Taking a sauna or a steam bath
- Thinking about having a family
- Dancing
- Thinking about happy moments in my childhood
- Splurging
- Doing something new
- Working on jigsaw puzzles
- Playing cards
- Soaking in the bath
- Thinking, "I'm a person who can cope"
- Taking a nap
- Figuring out my favorite scent
- Making a card and sending it to someone I care about
- Instant-messaging/texting someone

- Playing a board game
- Putting on favorite clothing
- Drinking a smoothie slowly
- Thinking, "I am doing well right now"
- Putting on makeup
- Working on my car
- Planning how to get out of debt (applying for funding, creating a budget etc.)
- Thinking about a friend's good qualities
- Completing something I feel great about
- Surprising someone with a favor
- Surfing the Internet
- Playing video games
- E-mailing friends
- Planning a career
- Going walking or sledding in a snowfall
- Trimming my own hair
- Solving riddles
- Installing new software
- Buying music
- Watching sports on TV
- Meditating
- Following an online tutorial
- Taking care of my pets
- Doing volunteer service
- Watching funny videos/comedies
- Working in my garden
- Blogging
- Fighting for a cause
- Conducting experiments
- Putting lotion on myself/others
- Expressing my love to someone
- Going on nature walks, exploring (hiking away from known routes)
- Playing a visual/spatial game
- Political discussions with friends
- Joining or forming a band
- Learning to do something new
- Listening to the sounds of nature
- Looking at the moon or stars
- Taking an online class
- Outdoor work in my yard (cutting or chopping wood, farm work)
- Creating memes
- Sorting clothes
- Playing in the sand, a stream, the grass; kicking leaves, pebbles, etc.
- Protesting social, political, or environmental conditions
- Reading cartoons or comics
- Reading sacred works
- Thinking how it will be when I finish school
- Dying my hair
- Creating art with photography
- Rearranging or redecorating my room or the house
- Thinking about how much I've grown
- Snowmobiling or riding a dune buggy/ ATV
- Writing silly poems
- Social networking
- Soaking in the bathtub
- Learning or speaking a foreign language
- Dressing up my pet(s)
- Talking on the phone
- Composing or arranging music
- Baking
- Browsing Wikipedia
- Sorting your change
- Playing a math game
- Making paper dolls
- Telling a joke
- Teaching someone something new
- Making someone laugh
- Telling someone about my day
- Doing my nails
- Asking someone about their day
- Colouring
- Checking in on people who are sick, isolated, or in trouble

