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

Mind
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 woods
Sit 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

Travel
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