

Activity menu

Animals Pet an animal Walk a dog Bird watching Listen to the birds Online zoo	Create Draw a picture Paint a portrait Take a photograph Doodle / sketch Organise photographs Make a photograph album Start a scrapbook Do some sewing	Cook Cook a meal for yourself Cook a meal for someone else Bake a cake Roast marshmallows Have a BBQ Organise a (Zoom) dinner party	Self-care Take a bath Take a shower Wash your hair Give yourself a facial Trim your nails Sunbathe (wear sunscreen!) Take a nap	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	Nature Try some gardening Plant something Do some pruning Pick flowers Go for a walk in nature Sit in the sun Go to the park
Music Listen to music you like Find some new music to listen to Go to a virtual concert (e.g., MSO) Turn on the radio Make some music Sing a song Play an instrument Listen to a podcast	Kindness Help a friend / neighbour / stranger Make a gift for someone Do someone a favour Teach somebody a skill Plan a surprise for someone Make a list of your good points List some things you're grateful for	Connect with people Contact a friend Book a virtual coffee Join a new group Join a political party Join a book club Join an exercise class Join a dating website Go 'people watching' Send a message to a friend Write a letter to a friend Reconnect with an old friend	Clean Clean the house Clean the courtyard Marie Kondo your bedroom Clean the fridge Clean your shoes Clean the windows Organise a home workspace Clean a cupboard	Write 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	Try something new 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 online class Do something spontaneous Express yourself
Mind Daydream Meditate Reflect Think Try relaxation exercises Practise yoga	Expression Laugh Sing Shout Chuckle	Shop Shop for groceries Shop for clothes Take things to a charity bin Shop on eBay/Gumtree/etsy	Be active Go for a walk Go for a run Go hiking Go cycling Play backyard tennis Throw a frisbee Fly a kite	Travel Take photos of your suburb Visit National Geographic website Plan a big holiday for 2021 Google 'slow TV'	Read Read a favourite book Read a new book Read the newspaper Read your favourite website