

# Fun Activities Catalogue

1. Soaking in the bathtub
2. Planning my career
3. Collecting things (coins, shells, etc.)
4. Going for a holiday
5. Recycling of items
6. Relaxing
7. Going on a date
8. Going to a movie
9. Jogging, walking
10. Listening to music
11. Thinking I have done a full day's work
12. Recalling past parties
13. Buying household gadgets
14. Lying in the sun
15. Planning a career change
16. Laughing
17. Thinking about my past trips
18. Listening to others
19. Reading magazines or newspapers
20. Hobbies (stamp collecting, model building, etc.)
21. Spending an evening with good friends
22. Planning a day's activities
23. Meeting new people
24. Remembering beautiful scenery
25. Saving money
26. Card and board games
27. Going to the gym, doing aerobics
28. Eating
29. Thinking how it will be when I finish school
30. Getting out of debt/paying debts
31. Practicing karate, judo, yoga
32. Thinking about retirement
33. Repairing things around the house
34. Working on my car (bicycle)
35. Remembering the words and deeds of loving people
36. Having quiet evenings
37. Taking care of my plants
39. Buying, selling stocks and shares
40. Going swimming
41. Doodling
42. Exercising
43. Collecting old things
44. Going to a party
45. Thinking about buying things
- 46/ Playing golf
47. Playing soccer
48. Flying kits
49. Having discussions with friends
50. Having family get-together
51. Riding a motorbike
53. playing squash
54. Going camping
55. Singing around the house
56. Arrange flowers
57. Going to church, praying (practicing Religion)
58. Losing weight
59. Going to the beach
60. Thinking I'm an OK person
61. A day with nothing to do
62. Having class reunions
63. Going ice skating or roller blading/skating
64. Going sailing
65. Travelling abroad, or provincial travel
66. Sketching, painting
67. Doing something spontaneously
68. Doing embroidery, cross stitching
69. Sleeping
70. Taking a nap
71. Entertaining
72. Going to clubs (garden, sewing, etc.)
73. Thinking about getting married
74. Going birdwatching
75. Singing with groups
76. Flirting

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| 77. Playing Musical instrument                               | 121. Flying a plane  | 160. Thinking about my good qualities                          |
| 78. Doing arts and crafts                                    | 122. Reading fiction   | 161. Buying books  |
| 79. Making a gift for someone                                | 123. Acting  | 162. Taking a sauna or steam bath                              |
| 80. Buying CDs, tapes, records                               | 124. Being alone   | 163. Going skiing  |
| 81. Watching boxing, wrestling                               | 125. Writing diary./journal entries or letters               | 164. Going canoeing or white-water rafting                     |
| 82. Planning parties   | 126. Cleaning  | 165. Going bowling   |
| 83. Cooking, baking  | 127. Reading non-fiction                                     | 166. Doing woodworking   |
| 84. Going hiking, bush walking                               | 128. Taking children places                                  | 167. Fantasizing about the future                              |
| 85. Writing books (poems, articles)                          | 129. Dancing   | 168. Doing ballet, jazz, tap dancing                           |
| 86. Sewing   | 130. Going on a picnic                                       | 169. Debating  |
| 87. Buying clothes   | 131. Thinking "I did that pretty well" after doing something | 170. Playing computer games                                    |
| 88. Working  | 132. Meditating  | 171. Having an aquarium  |
| 89. Going out to dinner                                      | 133. Playing volleyball                                      | 173. Going horseback riding                                    |
| 90. Discussing books   | 134. Having lunch with a friend                              | 174. Going rock climbing                                       |
| 91. Sightseeing  | 135. Going to the hills                                      | 175. Thinking about becoming active in the community           |
| 92. Gardening  | 136. Thinking about having a family                          | 176. Doing something new                                       |
| 93. Going to the beauty salon                                | 137. Thoughts about happy moments in childhood               | 177. Making jigsaw puzzle                                      |
| 94. Early morning coffee and newspaper                       | 138. Splurging   | 178. Thinking I'm a person who can cope                        |
| 95. Playing tennis   | 139. Playing cards   | 179. Playing with my pets                                      |
| 96. Kissing  | 140. Solving riddles mentally                                | 180. Having a barbecue   |
| 97. Watching my children play                                | 141. Having a political discussion                           | 181. Rearranging the furniture in my house                     |
| 98. Going to plays and concerts                              | 142. Playing cricket   | 182. Buying new furniture                                      |
| 99. Daydreaming  | 143. Seeing and/or showing photos or slides                  | 183. Going window shopping                                     |
| 100. Planning to go to school                                | 144. Kitting, crocheting, quilting                           | 184. Thinking I have a lot more going for me than most people. |
| 101. Going for a drive                                       | 145. Doing crossword puzzles                                 | 185. _____   |
| 102. Listening to a stereo/ipod                              | 146. Shooting pool/Playing billiards                         | 186. _____   |
| 103. Refurbishing Furniture                                  | 147. Dressing up and looking nice                            | 187. _____   |
| 104. Watching TV, videos, dvd's                              | 148. Reflecting on how I've improved                         |  |
| 105. Making lists of tasks                                   | 149. Buying things for myself                                |  |
| 106. Going bike riding                                       | 150. Talking on the phone                                    |  |
| 107. Walks on the riverfront/ shoreline                      | 151. Going to museums, art galleries                         |  |
| 108. Buying gifts  | 152. Thinking religious thoughts                             |  |
| 109. Travelling to national parks                            | 153. Surfing the Internet                                    |  |
| 110. Completing a tack                                       | 154. Lighting candles  |  |
| 111. Thinking about my achievements                          | 155. Listening to the radio                                  |  |
| 112. Going to a football game (or rugby, soccer, basketball) | 156. Going crabbing  |  |
| 113. Eating gooey, fattening foods                           | 157. Having coffee at a café                                 |  |
| 114. Exchanging emails, chatting on the internet             | 158. Getting/giving a massage                                |  |
| 115. Photography   | 159. Saying "I love you"                                     |  |
| 116. Going fishing   |  |  |
| 117. Thinking about a pleasant event                         |  |  |
| 118. Staying on a diet                                       |  |  |
| 119. Stargazing  |  |  |

**be active.**

