

## Use An Activity Menu To Give You Some Ideas To Stay Occupied



### Animals

Pet an animal  
Walk a dog  
Listen to the birds



### Be active

Go for a walk  
Go for a run  
Go for a swim  
Go cycling  
Use an exercise video at home



### 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  
Organise your workspace  
Clean a cupboard



### Connect with people

Contact a friend  
Join a new group  
Join a political party  
Join a dating website  
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  
Find a new recipe



### Create

Draw a picture  
Paint a portrait  
Take a photograph  
Doodle / sketch  
Organise 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  
Make a gift for someone  
Try a random act of kindness  
Do someone a favour  
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  
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  
Practise yoga



### Music

Listen to music you like  
Find some new music to listen to  
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  
Sit in the sun



### 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  
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  
Sunbathe (wear sunscreen!)  
Take a nap



### Try something new

Try a new food  
Listen to some new music  
Watch a new TV show or movie  
Wear some new clothes  
Read a new book  
Do something spontaneous  
Express yourself



### Watch

Watch a movie  
Watch a TV show  
Watch a YouTube video



### 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