

# Pleasant Activities-Physical Distancing Edition

Appreciating someone	Baking	Being in nature	Being quiet	Bird watching
Building something	Buying a gift for someone	Buying a gift for yourself	Caring for plants	Celebrating someone
Cheering for something	Collecting things	Coloring	Completing a difficult task	Complimenting someone
Connecting with friends	Cooking	Creative writing	Creating a new recipe	Crocheting
Dancing	Daydreaming	Discussing a shared interest or hobby	Doing housework	Doing a puzzle
Donating money to a good cause	Drawing	Dressing up	Eating food you love	Expressing love to someone
Feeling the presence of a Higher Power	Gardening	Getting up early	Giving someone a hug	Giving or receiving massages
Giving someone a makeover	Giving yourself a hug	Going on a virtual date	Having a cup of coffee or tea	Having a lively debate
Having a picnic	Hearing jokes	Helping someone	Hiking	Intentional, undistracted time with someone
Journaling	Jogging	Karaoke	Kissing	Knitting
Laughing	Learning a new skill	Learning a new language	Learning a musical instrument	Listing your strengths
Listening to a podcast	Listening to music	Making a playlist for someone	Meditating	Mentoring a young person
Online shopping	Organizing your time	Organizing a room or closet	Painting	Planning a future trip
Playing cards	Playing music	Playing with a pet	Playing a board game	Playing an online game
Photography	Practicing gratitude	Prayer	Putting aside clothes to donate	Repairing something
Reading a book aloud to others	Rereading a favorite book	Receiving a compliment	Reconnecting with old friends	Reminiscing
Rewatching a favorite movie	Riding a bike	Scrapbooking	Seeing beautiful scenery	Seeing good things happen to people
Sewing	Singing	Sitting in the sunshine	Sleeping late	Smelling flowers
Solving a crossword	Spiritual practices	Staying up late	Stargazing	Stretching
Supporting a small business	Taking a bath	Taking a break from screens	Taking a break from social media	Taking an online exercise class
Teaching someone a new skill	Texting or calling a loved one	Trying a new food	Trying a new hairstyle	Video call with a loved one
Volunteering	Watching TV	Watching a movie online with friends	Working out	Writing a letter
Writing a thank you note for an essential worker	Writing a poem	Writing a song	Yoga	