

LIST OF PLEASURABLE ACTIVITIES

The following is a list of ideas to help you identify pleasurable activities that can be useful when activity scheduling. This is a short list and there are many other possibilities of activities that would bring you pleasure.

Reading a Good Book	Gardening	Exercising
Going for a Walk	Listening to Music	Writing a Letter to a Friend or Family Member
Journal Writing	Baking	Drawing/Painting
Photography	Puzzles	Crosswords
Watching Movies	Going to a Comedy Show	Board Games
Card Games	Computer Games	Yoga/Meditation
Religious Activities	Visiting the Library	Dancing
Hot Baths	Collecting Hobby	“Girls’/Boys’ Night Out”
Visiting/Telephoning a Friend or Family Member	Making Jewellery	Playing with Kids
Going to the Beach	Playing a Musical Instrument	Going to a Sporting Event
Sewing	Working on Your Car	Cleaning the House
Going to a Restaurant	Going for a Hike	Going Shopping
Sitting in the Sun	Going to a Community Event	Going to a Museum
Going to a Bookstore	Cooking	Helping Others
Going to Hear Live Music	Playing a Sport	