

Ideas for enjoyable things to do

Things to do to pamper yourself

- Have (or give yourself) a facial
- Have a massage
- Give someone else a facial or a massage
- Try different perfumes in a department store
- Paint your fingernails
- Have a bubble bath
- Try out new hairstyles
- Have a haircut or get your hair coloured
- Hug your favourite person
- Eat your favourite food
- Buy yourself a bunch of flowers
- Buy yourself a new piece of clothing or another special gift

Things to do around the house

- Do some gardening
- Do some handywork around the house
- Do some sewing
- Listen to music
- Dance to some music
- Watch television
- Play with your pets
- Sit in the sun
- Make a cake

Things to do on your own

- Write a letter to a friend
- Write a short story or poem
- Play a computer game
- Learn or practise a musical instrument
- Paint, draw, do some pottery
- Sing
- Knit
- Do some woodwork
- Do a jigsaw puzzle
- Read a good novel
- Read an interesting non-fiction book
- Read your favourite magazine
- Read the newspaper
- Buy or make a present for someone
- Look through your favourite photo album
- Play a card game (eg patience)

Social activities

- Phone a friend
- Visit a friend or a neighbour
- Prepare a special meal for friends or family
- See a play, ballet or opera
- See your favourite band
- Go to your favourite restaurant
- Play with your children
- Invite friends over for a video & popcorn
- Ask yourself over to a friend's place
- Hold a Trivial Pursuit, Pictionary or Charades evening

Active things

- Go for a stroll or brisk walk
- Go jogging
- Go rollerskating
- Hire a bike
- Hire a tandem bike
- Do some aerobics
- Do some weight lifting
- Arrange a game of tennis or squash
- Kick a ball around the park
- Play ping-pong
- Have a game of golf
- Go for a swim
- Fly a kite
- Walk the dog
- Go fishing

Things to do away from home

- Walk along the beach
- Go to a film
- Visit the zoo
- Go to a local flea market
- Go shopping
- Go to the library
- Visit a bookshop
- Visit the art gallery
- Visit the museum
- Go to a poetry reading
- Watch a game of football or tennis