

Enjoyable Activities – When You Are Stuck at Home

Identify pleasant activities that you enjoy. Actively participate in pleasant activities with all your awareness may improve how you feel right now! For others, pleasant activities may serve as an effective distraction to break the habit of engaging problematic behaviours and enhance an individual's connection to a current moment in time. *Circle activities you enjoy!*

1. Give someone a compliment on social media and mean it
2. Practise yoga or pilates at home
3. Shave
4. Listen to others with full attention
5. Rearrange furniture at home
6. Watch the stars at night
7. Watch a funny TV show or movie
8. Cleaning
9. Learn about your family tree
10. Set up a budget
11. Paint your nails
12. Spend 5 minutes noticing breath
13. Turn off electronic devices for an hour (e.g. computer, phone, TV)
14. Relax and/or Chill
15. Plan a nice surprise for someone else
16. Play video games
17. Say "I love you"
18. Make a playlist of upbeat songs
19. Find a colouring in book and colour
20. Shape a bonsai Tree
21. Watch sloths on YouTube
22. Plan your career
23. Read non-fiction
24. Write a song or compose music
25. Play with pets
26. Sewing
27. Make a 'To-Do' list of tasks
28. Have a quiet evening
29. Work from home
30. Order a meal from a delivery service and eat it in the back yard.
31. Play with a remote-control car or drone
32. Play board games (e.g. Scrabble, Monopoly)
33. Doodling or sketching
34. Savour a piece of chocolate
35. Give someone a hug
36. Buy something nice online
37. Sing in the shower
38. Refurbish furniture (e.g. chairs, tables)
39. Exchange emails, chat online
40. Knitting/crocheting/quilting
41. Make a gift or card for someone
42. Take a course online (e.g. cooking, acting, self-development, art, crafts)
43. Comb or brush your hair
44. Write diary/journal entries
45. Eat something nourishing (e.g. chicken soup, a casserole, stew, laksa)
46. Pamper yourself at home (e.g. put on a face mask, condition hair)
47. Watch your children play
48. Make jewellery
49. Read poetry
50. Savour a piece of fresh fruit
51. Eat outside
52. Make a pot of tea
53. Use special items (e.g. fine china, silver cutlery, jewellery, clothes, souvenir mugs)
54. Complete/Start a DIY project (e.g. wall décor, homemade soap, a mosaic)
55. Take care of plants
56. Make home-made pizza
57. Discuss books online with friends or join a book reading club
58. Go window shopping online
59. Watch sports online
60. Scrapbooking
61. Cook something from a YouTube demonstration
62. Solve riddles
63. Watch home videos
64. Make Origami
65. Do something nostalgic (e.g. eating a childhood treat, listening to music from a certain time in my life)
66. Join an online group (e.g. film, book, crafts, sporting team etc.)
67. Light candles
68. Read comics
69. Watch a fireplace
70. Whistle
71. Play Darts or Pool
72. Make your bed with fresh sheets
73. Refurbish furniture
74. Exchange emails, chat on the
75. Knitting/crocheting/quilting
76. Make a gift or card for someone

Adapted from: (Linehan, 2015, p.249) Pleasant Events List, Emotion Regulation Handout 16. In Linehan, M., 2014. *DBT(R) Skills Training Handouts and Worksheets*, Second Edition. New York: Guilford Publications.

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77. Try a new recipe
78. Re-arrange files on your computer
79. Look through old photo albums or online photos or folders on your device
80. Have discussions with friends
81. Creatively reuse old items or upcycle
82. Maintaining a musical instrument (e.g. restring a guitar, clean a saxophone)
83. Buy clothes online
84. Snuggle up with a soft blanket
85. Listen to an audiobook
86. Make a list of things you are grateful for
87. Maintain an aquarium
88. Play chess (with a friend or group online)
89. Send text messages to a friend
90. Write a positive comment on a website
91. Put a vase of fresh flowers in your house
92. Sign an online petition for something you support or that represents your beliefs
93. Watch a movie online
94. Bake home-made bread
95. Walk barefoot on grass in your back-yard
96. Watch a movie marathon
97. Skip/jump rope
98. Be intimate with someone you care for
99. Wear an outfit that makes you feel good
100. Cook some meals to freeze for later
101. Hobbies (stamp collecting, building model planes, collecting unicorns etc.)
102. Talk to an older relative and asking them questions about their life
103. Listen to classical music
104. Photography
105. Watch clouds drift past in the sky
106. Eat messy food
107. Scheduling a day with nothing to do
108. Give positive feedback about something (e.g. writing an email for a good service)
109. Make jams or preserves
110. Repair things around the house
111. Wash your bike or car
112. Watch TV, videos
113. Send a loved one a card in the mail
114. Bake something to share with others (e.g. family, neighbours, friends)
115. Video call/Face-time/Skype with someone who lives far away
116. Organise your wardrobe
117. Play musical instruments
118. Create an online blog
119. Listen to a radio show
120. Burn incense
121. Invent something to solve a problem
122. Push-ups, sit-ups or burpees
123. Early morning coffee and read the news
124. Wear comfortable clothes
125. Shine your shoes
126. De-clutter your room, kitchen, wardrobe...
127. Arrange flowers
128. Work on your car, motorbike or bicycle
129. Juggle or learn to juggle
130. Contact an old school friend
131. Calligraphy
132. Sleep
133. Play with pets
134. Listen to the radio
135. Do Sudoku
136. Plant vegetables or flowers
137. Get an indoor plant
138. Surf the internet
139. Do embroidery or cross stitching
140. Buy books online
141. Meditate
142. Train a pet to do a new trick
143. Plan a day's activities
144. Play ping pong / table tennis
145. Organise your work space
146. Write (e.g. poems, articles, blog, books)
147. Dance with the lights off
148. Have an indoor picnic
149. Read classic literature
150. Put on perfume or cologne
151. Read magazines or newspapers
152. Call a friend
153. Send a handwritten letter
154. Read fiction
155. Find online quizzes or trivia apps
156. Watch funny videos on YouTube
157. Do something religious or spiritual (e.g. going to church, praying, identify values)
158. Follow a blog
159. Light scented candles, oils or incense
160. Spend time alone
161. Put up a framed picture or artwork
162. Make someone smile
163. Do something spontaneous
164. Have a warm drink with all your attention
165. Massage hand cream into my hands
166. Fantasise about the future
167. Clear your email inbox
168. Plant a terrarium
169. Get out of debt/paying debts
170. Research a topic of interest
171. Redecorate
172. Smell a flower
173. Get some sun

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- 174. Talk on the phone
- 175. Recall experiences with people you love
- 176. Listen to a podcast
- 177. Do arts and crafts
- 178. Sketch or draw
- 179. Do the dishes
- 180. Sit outside/inside and listen to birds sing
- 181. Watch free lectures online
- 182. Play cards
- 183. Put moisturising cream on your face/body
- 184. Re-watch a favourite movie
- 185. Gardening
- 186. Enter competitions online
- 187. Do crossword puzzles
- 188. Pat or cuddle a pet
- 189. Cook a special meal
- 190. Soak in the bathtub
- 191. Have a date night online with a loved one

- 192. Change your appearance (hair, nails, clothing etc.)
- 193. Do a favour for someone
- 194. Build a bird house or bird feeder
- 195. Look at pictures of beautiful scenery
- 196. Listen to music
- 197. Learn a new language
- 198. Wash your hair
- 199. Sing around the house
- 200. Think positively about your future
- 201. Create a savings plan
- 202. Complete tasks
- 203. Eat a meal in the dark
- 204. Clean the house
- 205. Remember pleasant events
- 206. Look at google maps in locations you would like to visit or have visited
- 207. Write a list of fun activities

Additional Ideas for enjoyable activities:

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