



Activity

Healthy

Opportunities

Painting, drawing or coloring

Charitable

Attend a volunteer group

Attend a religious meeting

Donate your time

Donate your clothing, goods, etc.

Support non-profit organizations

Help others in need

Educational

Help someone solve a problem

Teach knowledge and wisdom

Acquire new computer skills

Learn a new language

Take a class in something you want to learn

Take a class that will provide you valuable skills

Physical

Walking

Stretching

Gardening

Cycling

Jogging

Swimming

Hiking

Yoga

Meditation

Massage

Leisurely bath or shower

Household tasks

Rest

Social

Calling a friend

Expressing gratitude

Inviting guests over

Sharing books, arts, crafts, healthy recipes

Playing a group sport

Playing board games or cards

Join a club or choir

Workout with a friend

Express love

Start a group

Make someone laugh

Comfort someone who is sad

Plan and take a shared vacation

Creative

Crafting

Listening to music

Singing

Playing an instrument

Go to the theatre

Go to an art gallery

Watch a film

Creative writing

Photography