Activity ideas

A list of activities to choose from when you cannot think of any.

Tick anything you could imagine doing, even if you do not feel like it now. Aim to have some from each group in your week.

Achievement

- [ ] Make the bed
- [ ] Clear one surface
- [ ] Deal with one piece of post
- [ ] Do a wash
- [ ] Cook something simple
- [ ] Pay a bill or make a call I have put off
- [ ] Fix or tidy one small thing
- [ ] Do 15 minutes on a task at work

Closeness

- [ ] Text someone to say hello
- [ ] Ring a friend or relative
- [ ] Have a cup of tea with someone
- [ ] Say yes to an invitation
- [ ] Chat to a neighbour or shop assistant
- [ ] Do something kind for someone
- [ ] Play with the kids or the dog
- [ ] Go along to a group, club or class

Enjoyment

- [ ] Listen to music I love
- [ ] Watch a film or a match
- [ ] Read a few pages
- [ ] Have a long shower or bath
- [ ] Sit in the sun or by a window
- [ ] Cook or order a favourite meal
- [ ] Do something creative
- [ ] Potter in the garden

Body and outdoors

- [ ] Walk round the block
- [ ] Stretch for five minutes
- [ ] Go to the sea, a park or the hills
- [ ] Swim, cycle or kick a ball
- [ ] Do some gentle exercise at home
- [ ] Get outside before noon

Other ideas

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com
This handout supports your therapy. It does not replace professional advice.