

### Positive Activities List

Write in a journal	Watch a movie	Do a puzzle
Draw or Paint	Play an instrument	Cook a meal
Read a book	Gardening	Listen to music
Listen to a podcast	Call a friend	Bake a dessert
Start a blog	Play a board game	Research an unfamiliar topic online
Rearrange your bedroom	Make Origami	Take photos
Learn to knit	Do yoga	Write a poem
Find a new artist to listen to	Watch a new TV series	Exercise
Care and play with a pet	Call a family member	Play card games
Write a story	Write a letter to someone	Try a new food
Sort through your wardrobe	Make something	Think of something fun to do in the future