

LIST OF PLEASANT ACTIVITIES

AT TIMES OF CORONA

100+ ideas

The following list contains a number of activities that many people find relaxing and enjoyable, and which do not interfere with contact restrictions. You can mark the activities you would like to undertake in the near future. The list is not complete. If you can think of other activities, add them to the bottom of the list.

- handicrafting
- taking photographs or filming
- play table tennis
- giving someone a gift
- donate to a good cause
- talking about sports
- playing badminton
- plan trips or holidays
- buying something for yourself
- engage in artistic activities (painting, sculpture, drawing, making films)
- reading the Bible or other religious scriptures
- reading self-help tips and advice
- cleaning or rearranging your room or house
- reading novels, short stories, plays or poetry
- order food
- driving a car
- writing/composing a song or piece of music
- getting something straight
- cycling
- do something nice for your parents
- restore antiques or refurbish furniture
- watching television
- listen to lectures on the Internet
- engage in political activity
- repairing technical equipment (cars, bicycles, household devices etc.)
- making plans for the future
- playing cards
- puzzles, solving crosswords
- mastering a difficult task
- laugh, smile, be happy, spread good mood
- observe animals
- have an original idea
- read technical literature or reference books
- gardening
- wear nice clothes
- dancing
- sitting in the sun
- just sitting around thinking
- listening to the sounds of nature or the city
- plan and organize something
- talking about philosophy, beliefs or religion
- listen to the radio
- crafting gifts
- taking a bath
- watching the sky, clouds
- staying outside
- buying something for your family
- reading maps
- collect things from outside (wild fruits, stones, ...)
- give someone a hand, be helpful, do a good deed
- make a purchase or investment
- applying for new work
- carry out woodwork or carpentry
- engaging with animals
- thinking about yourself
- going on exploratory walks (stroll off from usual roads, ...)
- getting involved in the job (market)
- _____
- _____
- _____
- writing novels, short stories, plays or poems
- learning a foreign language
- playing a musical instrument
- taking a nap
- preserving, freezing food, stockpiling, meal prep
- singing to yourself
- play chess or checkers
- design or draw something
- put make-up on, fix your hair
- listen to jokes
- make a bet
- do something for your health (new glasses, fixing your teeth)
- eating well
- writing a diary
- lend something to someone
- bringing joy to others
- advising anyone
- pay a compliment or praise someone
- thinking about people you like
- making telephone calls
- daydreaming
- cooking dinner
- bird watching
- people watching
- repairing objects
- writing letters or cards
- smiling at people
- talking about other people
- being with your partner
- taking care of house plants
- taking a walk
- collecting different things
- sewing
- remember a friend who died
- tell someone you love them
- having a snack
- staying up late
- spending time with your children
- engage in voluntary work
- defending or protecting someone
- borrow something from someone
- playing with pets
- smell or look closely at a flower or plant
- use perfume
- reminiscing and talking about the old days
- getting up early in the morning
- find peace
- conduct experiments or other scientific tests
- getting advice
- praying
- practice meditation or yoga
- relax
- read newspapers/magazines
- running, jogging, doing gymnastics
- listen to music
- engage in sexual activities
- play a throwing game or tag
- knitting, crochet, embroidery
- cuddling
- sleep in
- _____
- _____
- _____
- _____

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