

Summer Pleasant Activities List

- Taking a bubble bath or hot shower
- Walking around your neighborhood
- Relaxing
- Watching a movie at home or at a drive-in theater
- Listening to music (create a summer playlist)
- Jogging
- Laying in the sun (don't forget your sunscreen)
- Reading magazines or books
- Connecting with friends
- Planning for the future
- Dancing
- Fixing or cleaning things in your home
- Having quiet nights in
- Petting your dog/cat/guinea pig
- Writing or journaling
- Drawing or doodling
- Exercising (whatever that looks like for you)
- Going to a BBQ
- Having a bonfire
- Playing sports
- Fantasizing about life getting better
- Singing
- Early morning coffee
- Calming hot tea before bed
- Giving yourself a hand massage with scented lotion
- Practicing a random act of kindness
- Cooking or baking (try a new recipe)
- Going to the ocean, river, or a lake
- Building a sandcastle
- Rollerblading or rollerskating
- Biking
- Skateboarding
- Playing musical instruments
- Making and sending a card to someone special
- Planning a party
- Buying clothes, sneakers, or something small for yourself
- Watching sports on television or going to a game
- Going out to dinner
- Playing miniature golf
- Getting a massage
- Making lists of things you want to do
- Researching something interesting online
- Going for a drive with the windows down
- Buying or making gifts for others
- Berry picking at a farm
- Going to a park
- Eating and savoring a comfort food you love
- Diffusing essential oils
- Having a picnic
- Completing a task
- Making a collage
- Getting your hair cut or done
- Going camping
- Splashing in a puddle
- Running through a sprinkler
- Going swimming
- Spending time with children
- Laughing
- Napping in a hammock
- Going to get a treat at a local ice cream stand
- Meditating
- Playing cards
- Catching and releasing fireflies at night
- Blowing bubbles
- Doing word puzzles or other brain-teasers
- Playing pool
- Playing video games
- Dressing up and looking nice
- Giving yourself a manicure and/or pedicure
- Saying "I love you"
- Going bowling
- Coloring mindfully
- Writing a list of everything that's great about a friend
- Gardening
- Lighting a scented candle
- Praying
- Cuddling with a stuffed animal
- Thinking about your good qualities
- Starting a gratitude journal
- Going fishing
- Grilling
- Unplugging from your electronics
- Taking photographs
- Watching the sunrise or sunset
- Soaking your feet
- Going to hear live music
- Talking with a relative
- Making a distress tolerance kit to keep with you at school, work, or home
- Watching YouTube videos of puppies, kittens, or babies laughing
- Practicing yoga or gentle stretching
- Visiting a fresh food or flower market
- Going outside and looking up at the stars or the clouds