

HAVE A BALL

Tick the activities you are going to do to get you moving and feeling tons better for having taken some action.

Social activities

- ☀ Visit somebody
- ☀ Write a letter
- ☀ Phone a friend
- ☀ Go out for a social drink
- ☀ Go to a restaurant
- ☀ Invite a friend around
- ☀ Buy a present for somebody
- ☀ Ask for a cuddle
- ☀ Play with children
- ☀ Do something for somebody
- ☀ Have a good conversation
- ☀ Be with my family
- ☀ Give a party
- ☀ Go to a party
- ☀ Volunteer for a good cause

- ☀ Read a book in a coffee shop
- ☀ Read a book outside on a bench/in a field, take your lunch

Recreational activities

- ☀ Go for a (long) walk
- ☀ Listen to music
- ☀ Read a novel, magazine, newspaper
- ☀ Go to the cinema
- ☀ Go for a jog
- ☀ Gardening
- ☀ Swimming
- ☀ Play a sport
- ☀ Go for a sauna
- ☀ Go to a sports event
- ☀ Play a game

- ☀ Visit a place of interest
- ☀ Visit the countryside
- ☀ Plan a holiday
- ☀ Sit in the sun
- ☀ Go fishing
- ☀ Play a boardgame
- ☀ Go to the theatre

Creative activities

- ☀ Write a poem
- ☀ Paint a picture
- ☀ Cook a meal
- ☀ Decorate a room
- ☀ Play an instrument
- ☀ Do some DIY
- ☀ Sewing, knitting or other craft
- ☀ Make a model
- ☀ Keep a journal
- ☀ Sing a song/ sing along

Self-care activities

- ☀ Buy something for myself
- ☀ Wear something nice
- ☀ Relax in a warm bath
- ☀ Have a massage / reflexology treatment
- ☀ Go to the hairdresser
- ☀ Buy some special food
- ☀ Put on make-up
- ☀ Do my hair
- ☀ Set a goal / make a plan

Educational activities

- ☀ Go to the library
- ☀ Go to a museum
- ☀ Enrol on a online course
- ☀ Enrol on a classroom course
- ☀ Read a non-fiction book
- ☀ Do a crossword or puzzle
- ☀ Go to an art gallery
- ☀ Learn a foreign language
- ☀ Learn anything new