# My List of Meaningful Activities

When we feel low in mood, it can be difficult to plan activities or know what we can do to help us feel better. By creating a list of meaningful activities, it is much easier to choose something to do and make a plan to do it. There are some ideas here which you might want to put on your list but the most important thing is that your list is YOURS – it should be full of things that YOU enjoy doing and that matter to you.

- Draw or create something
- Go for a walk/jog
- Play a game
- Watch favourite movie/TV show
- Take a relaxing bath
- Do some yoga
- Play with a pet
- Read a book
- Video call/chat with a friend
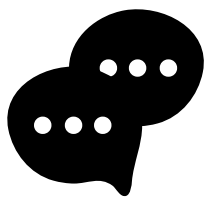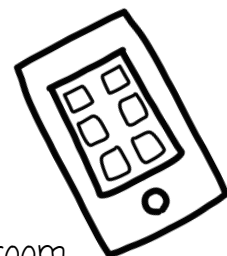- Bake a cake
- Meditate
- Lay in the sunshine
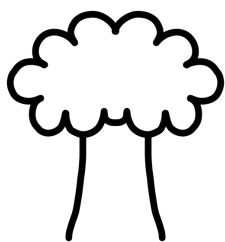
- Listen to music
- Play an instrument
- Make a meal
- Write in diary/journal
- Go to the cinema
- Go swimming
- Meet with friends
- Go shopping
- Make new friends
- Start a new hobby
- Knit/crochet
- Take dog for a walk

- Make a healthy snack
- Do some exercise
- Spend time with family
- Visit somewhere new
- Go to the beach/woods
- Go out for a meal
- Have a hot chocolate with a family member
- Visit family
- Make a gift for someone
- Go on a bike ride
- Take some photos
- Go for a picnic

- Do some colouring
- Play some football
- Watch a sports game
- Join a group/class
- Rearrange/organise my room
- Do some gardening
- Go to the park
- Go somewhere new with family
- Write a book/poem/short story
- Plan a trip
- Do a jigsaw
- Dance or sing
- Get dressed up nice

Try to make sure your list has a good mixture of different activities (for example, make sure there's a mix of things you can do with others and things you can do alone, things you can do inside and things you can do outside, things that can be done easily and things that need more planning). This way, you will always have something you're able to do.

My List

Make a list of the things that help raise your mood and are meaningful to you. Keep this list somewhere you can easily look at so that you can use it when you are feeling low.