

<p style="text-align: center;"><u>Self-care activities</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Have a shower or relax in a warm bath <input type="checkbox"/> Brush teeth <input type="checkbox"/> Put on make up, do hair, trim beard <input type="checkbox"/> Trim / paint finger nails <input type="checkbox"/> Wear something nice <input type="checkbox"/> Plan a meal I would like to eat <input type="checkbox"/> Watch a favourite television programme <input type="checkbox"/> Go to the hairdresser <input type="checkbox"/> Shopping for food I like <input type="checkbox"/> Exercise <input type="checkbox"/> Tidy a room or vacuum <input type="checkbox"/> Washing up the dishes <input type="checkbox"/> Buy something for myself <input type="checkbox"/> Talk about something I like <input type="checkbox"/> Buy a takeaway meal <input type="checkbox"/> Make a warm drink <input type="checkbox"/> Clean out a cupboard 	<p style="text-align: center;"><u>Social activities</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Write a letter or a card <input type="checkbox"/> Send a text to a friend <input type="checkbox"/> Visit somebody <input type="checkbox"/> Telephone a friend <input type="checkbox"/> Invite a friend around <input type="checkbox"/> Be with children <input type="checkbox"/> Ask for a cuddle <input type="checkbox"/> Be with family <input type="checkbox"/> Take exercise with others <input type="checkbox"/> Be with someone you love <input type="checkbox"/> Go out for a social drink <input type="checkbox"/> Go to a restaurant <input type="checkbox"/> Do something for somebody <input type="checkbox"/> Have a good conversation <input type="checkbox"/> Give a party or go to a party <input type="checkbox"/> Make a new friend <input type="checkbox"/> Compliment or praise somebody
<p style="text-align: center;"><u>Creative activities</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Colouring in <input type="checkbox"/> Sewing or knitting <input type="checkbox"/> Write a poem <input type="checkbox"/> Paint a picture <input type="checkbox"/> Write a diary <input type="checkbox"/> Cook a meal <input type="checkbox"/> Sing a song <input type="checkbox"/> Play an instrument <input type="checkbox"/> Do some DIY <input type="checkbox"/> Dance <input type="checkbox"/> Make a model <input type="checkbox"/> Pick flowers <input type="checkbox"/> Grow flowers or vegetables <input type="checkbox"/> Gardening <input type="checkbox"/> Decorate a room <input type="checkbox"/> Rearrange the furniture 	<p style="text-align: center;"><u>Educational activities</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Go to the library <input type="checkbox"/> Go to a museum <input type="checkbox"/> Enrol on a course (e.g. language, pottery) <input type="checkbox"/> Read a non-fiction book <input type="checkbox"/> Do a crossword <input type="checkbox"/> Do a Sudoku puzzle <input type="checkbox"/> Wordsearch puzzle <input type="checkbox"/> Learn something new <input type="checkbox"/> Learn a foreign language <input type="checkbox"/> Learn to play a musical instrument <input type="checkbox"/> Go to a lecture <input type="checkbox"/> Buy a book <input type="checkbox"/> Read a newspaper <input type="checkbox"/> Watch a documentary
<p style="text-align: center;"><u>Recreational activities</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Go for a walk or a jog <input type="checkbox"/> Listen to music <input type="checkbox"/> Gardening <input type="checkbox"/> Go swimming <input type="checkbox"/> Play a game <input type="checkbox"/> Watch a sports event <input type="checkbox"/> Sit in the sun <input type="checkbox"/> Go on a nature walk <input type="checkbox"/> Read a novel, magazine or newspaper <input type="checkbox"/> Play a sport <input type="checkbox"/> Visit a place of interest <input type="checkbox"/> Visit the countryside <input type="checkbox"/> Have a sauna <input type="checkbox"/> Plan a holiday <input type="checkbox"/> Go fishing <input type="checkbox"/> Play a board game <input type="checkbox"/> Plan a day out <input type="checkbox"/> Be with animals <input type="checkbox"/> Go to the cinema <input type="checkbox"/> Do a jigsaw puzzle 	