

## Worksheet: 100+ Things To Do

At Home Things	Away from Home Things	
1. Reading	40. Get a massage	77. Brisk walking
2. Work in the garden	41. Go to the beach	78. Golfing
3. Play a musical instrument	42. Get a facial	79. Washing the car
4. Make a card	43. Go to an auction	80. Walking the dog
5. Listen to music	44. Go to church	81. Basketball / football
6. Write a letter	45. Buy yourself a present	82. Fishing
7. Woodwork / carpentry	46. Browse at a garage sale	83. Tennis
8. Write an email	47. Go to the spa	84. Water aerobics
9. Drawing or painting	48. Help a friend with something	85. Aerobics
10. Spend time with your pet	49. Go to the zoo	86. Fly a kite
11. Cook a meal	50. Have a sauna	87. Dancing
12. Bake a cake / cook a meal	51. Go to the library	88. Bowls / bowling
13. Craft work (pottery, beads, etc.)	52. Get a haircut	89. Vacuuming
14. Make a present for someone	53. Go on a picnic	90. Stretching
15. Mechanical work (e.g. on the car)	54. See a movie	91. Tai Chi
16. Look after your houseplants	55. See a play	<b>Social Things</b>
17. Do a project around the house	56. Watch a sporting match	92. Phone a friend
18. Say prayers	57. Go to a museum	93. Give someone a massage
19. Knitting / crocheting / embroidery	58. Go to an art gallery	94. Host a party / gathering
20. Sewing	59. Go to a café or restaurant	95. Go to a party
21. Yoga	60. Volunteer somewhere	96. Organise a play date
22. Photography	61. Browse in a book shop	97. Go to a bar / club
23. Meditate / relax	62. Go to the park	98. Invite a friend over
24. Redecorate a room	63. Go to the markets	99. Joining a community club
25. Sit in the sun	64. Enrol in a course	100. Spend time with children
26. Take a long bath	65. Go to a concert	101. Cook for someone special
27. Surf the internet	66. Make something	
28. Having a coffee or glass of wine	67. Go camping	<b>Other Things</b>
29. Listen to the radio	68. Go for a drive	102.
30. Make food to sell or give	69. Go to an exhibition	103.
31. Do a jigsaw puzzle		104.
32. Write in a journal	<b>Active Things</b>	105.
33. Plan a trip or holiday	70. Yoga	106.
34. Play a computer game	71. Cycling	107.
35. Start a project	72. Horse riding	108.
36. Watch a DVD	73. Gentle Martial arts	109.
37. Rent a movie	74. Water activities	110.
38. Listen to a relaxation CD	75. Go to the gymnasium	111.
39. Practice or develop a skill	76. Swimming	112.