

# Pleasure Activities List

Examine the following list of pleasure activities:

- Visiting friends/family
- Phone calls to friends/family
- Movies/plays
- Videos/TV
- Exercise
- Sports activities
- Games
- Computer activities
- Internet surfing
- Internet chat room
- Listening to music
- Going away for a weekend
- Planning vacation
- Hobby activities
- Collecting crafts
- Enjoying the sun
- Relaxing with a hot drink
- Listening to educational tapes, relaxation tapes, or audio books
- Walking/hiking
- Shopping
- Hot bath
- Reading
- Gardening
- Writing
- Going out to eat
- Eating favorite treat
- Massage
- Being held/ touched
- Going for a drive
- Picnic
- Going to a favorite beautiful place
- Sitting in a peaceful place
- Writing letters
- Artistic activities
- Watching/ reading the

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# Mastery Activities

- Shopping
- Helping child with homework
- Supervising children's activities
- Preparing a hot meal
- Getting up before 9:00
- Fixing something
- Doing dishes
- Resolving a conflict
- Going to cleaners
- Doing an errand
- Tackling challenging tasks
- Watering garden
- Putting things in order
- Changing oil in car
- Calling back friends
- Self-help exercise
- Grooming/Getting hair cut
- Dressing up
- Transporting children
- Arranging activities for children
- Going to bank
- Doing homework
- Bathing/personal hygiene
- Paying bills
- Walking dog
- Cleaning something
- Exercising/ stretching
- Doing laundry
- Gardening
- Going to work/school
- Putting away clothes
- Solving a problem
- Decorating
- Making a business call
- Writing in journal
- Spiritual/ religious activities
- Deciding what to wear
- Writing letters
- Artistic activities

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