



What Do I Like To Do?

	<u>Free</u>	<u>\$\$</u>
<u>Alone</u>		
<u>With Others (Adults)</u>		
<u>With Others (Children)</u>		



What Do I Like To Do?

NOTES ON PLEASANT ACTIVITIES

- Differences across people
 - We don't all like the same things.
 - We don't all need the same number of pleasant activities to feel good.
- Differences within oneself at different times
 - We don't always enjoy doing a specific activity.
 - We may only enjoy an activity under certain conditions.
- It is good to have activities you can do by yourself.
 - You control when you do them and are not dependent on anyone else.
 - Time to think and enjoy our own thoughts.
- It is also good to have activities you can do with others.
 - Pleasant contacts with people often make us feel better.
 - Others may sometimes increase our motivation to do the activity.
 - Can build and improve our relationships with others: doing fun stuff together helps people enjoy each other more.
- Brief pleasant activities are important.
 - You can do more of them.
 - They are useful when we are busy and can't find time.
 - Brief pleasant activities give us a glimpse of the beauty of the world around us.
 - Examples of brief pleasant activities:
 - As you walk somewhere, notice flowers on the way. Take time to smell them, notice the sky, the clouds, the fog, whatever about your surroundings that brings good feelings to you.
 - Remember a song you like, hum it, sing it aloud to yourself.
 - Have a cup of tea.

Notes
