



A Long List of Happiness Increasing Activities

- Watch something funny like standup comedy
- Spend time with a friend
- Garden
- Soak up the sun
- Do a craft
- Learn a new hobby that sounds exciting
- Go on a walk
- Cuddle or play with an animal
- Visit a petting zoo
- Do a craft
- Ride a bike
- Go roller skating
- Jump rope
- Play basketball
- Read a fun book
- Look up pictures of baby animals on Google
- Cook a fun recipe
- Listen to music and dance
- Go to the library
- Do something you loved doing as a child
- Play a game
- Visit a place you have never been before
- Plan a vacation
- Write in a journal
- Go kayaking or canoeing
- Go fishing
- Start a DIY project
- Look up new jokes to share with friends
- Go to a concert
- Visit a farmers' market
- Pick a new restaurant to try
- Go to a concert
- Listen to new music
- Try some yoga poses
- Treat yourself to a spa day
- Watch a feel-good movie
- Find a new favorite scented candle
- Go to a museum
- Do a paint by number
- Go on a date
- Practice tai chi
- Take a pottery class
- Join a meet up group
- Try Paint and Sip
- Visit an Arboretum or a Public Garden
- Go to the zoo or an aquarium
- Walk downtown
- Call a family member to catch up
- Join a book club
- Do a puzzle
- Learn a new dance move
- Go to a sporting event
- Plan a dinner party or game night
- Go to your favorite coffee shop
- Visit a greenhouse or plant store
- Make a scrap book
- Write up a bucket list
- Look up events in your area and go
- Color in a coloring book
- Learn a new language
- Learn about a new topic
- Look up uplifting news articles
- Volunteer
- Find a cause to support
- Take dance lessons
- Join a club
- Try a fitness class
- Go to a park
- Get a massage
- Do something nice for a friend
- Practice a laughing meditation
- Go for a sightseeing drive
- Write a list of happy memories
- Keep a gratitude journal
- Try a meditation focused on joy
- Practice stretching
- Try mindful eating
- Write down goals for your future
- Go on a boat ride
- Listen to an entertaining podcast
- Take funny pictures with friends
- Write a poem or a short story
- Join an intramural sports team
- Go Geocaching
- Go to a theme park
- Go go-carting