

*The following suggestions for play are not intended to be all-inclusive or applicable to all persons. Communicate with your medical professional team regarding any activity which requires physical exertion and take care to keep yourself safe under all circumstances.*

**Engaging with Clubs:**

Book  
Chess  
Gardening  
Cycling  
Knitting  
Quilting  
Sewing

**Individual and/or Group Activities:**

Attending Open Mic nights  
Blowing bubbles  
Building with Legos  
Building with Lincoln Logs  
Building with Magnetic Tiles  
Coloring  
Dancing with friends  
Dancing with pets  
Drawing with chalk  
Hula hooping  
Laughing without any reason with someone  
Listening and dancing to the vinyl classics  
Playing fetch with the dog  
Playing pinball  
Sharing jokes  
Singing silly songs  
Having someone read to me or reading to someone

**Individual and/or Team (League or Pickup) Sports:**

Baseball  
Bowling  
Cycling  
Field Hockey  
Flag Football  
Hockey  
Pickle Ball

Rock or Rock Wall Climbing  
Roller Derby  
Soccer  
Softball  
Ultimate Frisbee

**Group Indoor or Outdoor Games:**

Badminton  
Board games  
Card games  
Checkers  
Chess  
Corn hole  
Cricket  
Horseshoes  
Live Action Role Playing (LARP)  
Paintball  
Pictionary  
Trivia  
Twister

**Indoor/Outdoor Activities:**

Crocheting  
Knitting  
Photography  
Painting  
Movie Nights  
Sculpting  
Sketching  
Travel

**Outdoor Activities and Seasonal or Weather-Dependent Fun:**

Birdwatching  
Building a sandcastle  
Building a snowman  
Canoeing  
Caving  
Counting the stars at night  
Drawing with sidewalk chalk

Going for a bike ride with or without others and with no particular destination  
Hiking/Walking  
Kayaking  
Laying on a blanket and watching the clouds move and change shape  
Looking for rocks or shells in particular shapes or colors  
Paddleboarding  
Picnic  
Playing in the rain or the snow  
Playing with sand or in a sandbox or at the beach  
Rolling down a grass covered hill  
Running through a garden like a butterfly  
Searching for four-leaf clovers  
Skipping rocks across a pond, lake or river  
Swinging  
Throwing a frisbee on a beach  
Tubing in a river  
Walking barefoot on a beach  
Walking barefoot outside  
Watching fireflies  
Water fight with a spouse, children, neighbors, friends

**Participating in community activities:**

Community service  
Volunteering

**Outdoor Scavenger/Treasure Hunts:**

Geocaching  
Pokémon Go

**Classes:**

acting  
art  
cooking  
ceramics  
creative writing  
dance  
group fitness  
gymnastics  
horseback riding  
improv  
language  
music  
pottery  
woodworking  
yoga

**Tourist in Your Own Hometown:**

Attending local festivals  
Attending local sporting events  
Check out theatres and other live performance venues  
Exploring arboretums  
Get a guide book for ideas  
Going to farmers markets  
Going to the library  
Look for author book readings or music recitals  
Look for public events happening on local college or university campuses  
Participate with community choirs or orchestras  
Take a guided tour  
Trying new cafes or restaurants  
Visiting locations of historical significance  
Visiting museums or art galleries  
Walking through parks