

Pleasant events guide



Connect	Be active	Take notice	Learn	Give
Share a joke with someone	Go jogging, walking, running	Listen to music (really listen!)	Learn to play a musical instrument	Practice religion (Go to church, group praying, etc.)
Listen to people. Become the best listener you know	Practice Karate, Judo, Kung Fu, Yoga or Tai Chi	Have an aquarium	Discuss a book with someone	Make a small gift for someone
Spend time with good friends	Exercise (2.5 hours a week for adults is good)	Arrange flowers	Try something you have never tried before	Teach someone something
Meet new people	Fly a kite	Sightseeing	Learn to dance	Show something to someone
Get a massage	Go skating	Appreciate what you have	Rediscover an old hobby or interest	Make something for someone

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Take a sauna or a steam bath	Go sailing	Slow down, eat mindfully, concentrate on the taste and texture of your food	Research something you've always wondered about	Think about becoming active in the community
Tell someone what you like about them	Travel	Walk in the woods or at the seaside	Get a prospectus from your local college	Make a list of gifts friends would like for their birthdays
Go to a party	Garden	Go to a beauty spot	Learn a language	Find out about volunteering
Have discussions with friends	Play tennis	Meditate	Learn to use a computer better	Discover what community groups exist in your area
Have a family get-together	Cycle	Light candles	Learn to identify trees & birds	Do something nice for a friend or for a stranger
Entertain	Go to the mountains	Get a plant for your home or work	Learn about your local history	Give something to charity, no matter how small

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Go to a social club	Go skiing	When tempted to criticise, appreciate instead	Make a learning plan	Praise other people's successes and achievements
Sing with a group	Go swimming	Take time out each day to just notice, without judging	Make a list of books you want to read this year	Give someone the benefit of the doubt
Learn to debate	Go white-water rafting or canoeing	Learn & practice relaxation or mindfulness techniques	Identify the single most meaningful thing you could do each day & do it	Send a card or note to someone
Say 'hello' & 'goodbye'	Go bowling	Go somewhere different & do something new	Study the work of one philosopher in depth	Say 'thank you' to someone
Play with animals	Go horseback riding	Practice breathing exercises	Spend 1 hour in your local library	Do a random act of kindness that no-one will ever know about

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Have a picnic with friends or family	Go hiking	Think which of your clothes you really like & have a wardrobe clear-out	Listen to a podcast	Post a small gift to someone to let them know you appreciate them
Talk to someone you would usually text or email	Play badminton	De-clutter your room	Use YouTube to search for topics you're interested in learning about	Forgive someone
Spend quality time with someone each day	Use the stairs, not the lift or escalator	Notice the positive	Devote 30 minutes each day to learning	For 1 day, really listen to someone
Say 'hello' to a neighbour	Go for a walk at lunchtime	Watch the sunrise	Think 'everyone I meet is my teacher and I have something to learn from them'	Start a joint project to benefit your community
Think about getting back in touch with an old friend you haven't seen for a while	Aim to walk at least 1 mile each day	Eat mindfully	Learn the local history of where you live	Visit a charity shop, buy something small, speak to the volunteers

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Repair a damaged relationship	Do press-ups in the morning	Use a range of soaps, decide which one you like best	Find out what other events happened on the day of your birth	Surprise someone with your compassion
Find your friends favourite film & watch it	Make an exercise plan	Repair something	Use Wikipedia to learn one new fact each day	Remember someone's birthday
Learn assertiveness skills	Join a walking group	For one day, pay attention to your sense of touch. What do you like to touch?	Take a night class	Find a cause you are passionate about and support it
Find a blog you like & comment on it	Grow vegetables	Sit and do nothing for 5 minutes. What do you notice?	Learn to touch-type	Learn to give, or receive, a massage
Be honest with someone about how you feel	If on a bus, get off one stop earlier and walk the rest of the way	Get up one hour earlier and go outside. What do you notice?	Learn a poem off by heart	Call or visit someone who is ill

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Join an online group	Watch TV or play video games for no more than two hours a day	Feed the birds. Notice what they do	Find out something you never knew about a friend	Share food with someone
Smile	Play a team sport	Sit and watch the mountains, the sea, fields or a river	Expand your vocabulary, learn a new word each day	Give something to a charity shop
Send a message to someone for no reason other than to say 'hello'	Learn to dance	Go to your nearest waterfall	Visit the birthplace of someone you admire	Comfort someone who feels disappointed or upset
Get to know your neighbours better	Find out more about the 'Couch to 5K' programme	When walking or driving, slow down and notice new things	Learn to cook a very special meal	Surprise someone with your kindness and generosity today