



# Getting Active!!

Taking Positive Action, even when you are feeling down,  
can be the first step to feeling better

## MOOD DIRECTED BEHAVIOR:

Feeling good



Do something fun, because  
you feel good



Feel even better!!!



Feeling bad



Do nothing much, because you  
feel bad



Feel even worse



## GOAL DIRECTED BEHAVIOR:

Feeling bad



Do something fun, because  
you set a goal



Feel better!!!!!!!



# Activities Menu

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Go for a walk  
Read a good book  
Write in a journal  
Play with a pet

Call/text a friend  
Watch a favorite TV show  
Listen to music  
Meditate

Wear my favorite clothes  
Clean my room  
Make something  
Plant something

Take a hot bath  
Write a story  
Throw a Frisbee  
Play sports

Laugh  
Silly Dancing  
Play a video game  
Walk through the mall

Do some volunteer work  
Make my favorite snack  
Workout  
Sit in the sun

Be with friends  
Go for a bike ride  
Sing  
Join a group

Write a letter to a friend  
Sit and think  
Listen to the birds  
Go to a movie

Go on a date  
Invite a friend over  
Make a silly gift  
Hang with friends

Trade back rubs with a friend  
Be nice to my neighbor  
Go for a hike  
Help a friend

Try something new  
Daydream  
Cook a meal  
Do someone a favor

Read something  
Go for a car ride  
Wash and wax the car  
Explore a new place

Go for a walk in the park  
Go bowling  
Finish a project  
Take a dog for a walk

Observe nature  
Count the stars  
Watch YouTube video  
List all my good points

Draw or paint  
Clean the house  
Clean the yard  
Walk by a lake or river

Listen to a new radio station  
Make a new friend  
Get up extra early  
Play on-line games

Sit beside a waterfall  
Watch people at the mall  
Have coffee or tea

Ride on a Ferris Wheel  
Talk about religion  
Pray  
Listen to nature  
Go dancing

Give someone a small gift  
Help someone with a project  
Ride a bike or skateboard

Things that I want to try:

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