



October 23- 31, 2020

Be Happy.

Be Brave.

Be Drug Free.

AND Schedule Pleasurable Activities

1. Soak in the bathtub
2. Think about how it will be when you return to campus
3. Go out with friends
4. Relax
5. Build a puzzle with family
6. Go running
7. Listen to music
8. Be outdoors.
9. Read
10. Save money
11. Plan for the future
12. Dance
13. Fix or clean things around the house
14. Have a quiet night
15. Cook good food
16. Taking care of your pets
17. Going swimming
18. Write
19. Drawing or doodling
20. Play sports (list: _____)
21. Write 1-2 goals
22. Talk with friends
23. Work out
24. Sing
25. Talk with family
26. Go to a beach
27. Play a musical instrument
28. Get your hands dirty. Garden.
29. Make a gift for someone
30. Download music or new apps
31. Watch sports on TV
32. Learn something new.
33. Bake
34. Plan a something special for someone.
35. Reorganize your closet
36. Getting a haircut or styling your hair
37. Enjoy a cup of Boba Tea or cold pineapple lemonade
38. Reorganize your room
39. Give yourself a manicure or pedicure
40. Spending some time with little kids safely.
41. Go for a bike ride
42. Do something nice for someone else
43. Give or get get a massage
44. Make & play with slime. It can be satisfying!

Favorite thing to do that makes me feel good/happy: _____

Adapted from *DBT® Skills Training Handouts and Worksheets, Second Edition*. Copyright 2015 by Marsha M. Linehan. Adapted by permission.

From *DBT® Skills Manual for Adolescents*, by Jill H. Rathus and Alec L. Miller. Copyright 2015 by The Guilford Press. Permission to photocopy this handout is granted to purchasers of this book for personal use only (see copyright page for details).

Modified by ASACS-Adolecent Support and Counseling Services

Claudia Kayatani-Leilehua High School

Kayatanic@magellanfederal.com 808-990-0052