

Things to Do For Fun

Dr. Milton Magness – 30 Days to Hope and Freedom – Excerpt

Archery	Hiking	Shooting Shopping (limits)
Art	Hockey	Singing
Auto Racing	Horseback riding	Skateboarding
Backgammon	Hot air ballooning	Skiing
Badminton	Humor: jokes, riddles, anecdotes	Skipping rope
Baseball	Hunting	Skydiving
Basketball	Ice Fishing	Snorkeling
Bicycling	Jogging	Snowboarding
Billiards	Judo	Soaring
Bird watching	Jujitsu	Soccer
Board games	Karate	Spelunking
Bow hunting	Kayaking	Spending time with family and friends
Bowling	Kendo	Squash
Boxing	Kite flying	Surfing
Car trip – back roads	Knitting	Swimming
Cards	Kung Fu	Taekwondo
Canoeing	Lacrosse	Tai Chi
Checkers	Lawn darts	Tennis
Chess	Marathoning	Trampoline jumping
Coaching	Marbles	Travel and tourism
Collecting anything	Model building	Tree climbing
Computer games (healthy limits)	Motorcycle touring	Underwater games
Cooking Cricket	Mountain climbing	Visit amusement park
Croquet	Movie watching (health limits)	Volunteering
Cross country skiing	Music: playing, singing, listening	Walk for fitness or sightseeing
Crossword puzzles	Painting	Weight lifting
Cycling	Pet ownership	Wind surfing
Dancing	Photography	Wrestling
Dog sledding	Pickelball	Writing
Drawing	Ping Pong	Wordworking
Entertaining	Polo	X-box or other gaming systems (limits)
Fencing	Quilting	Xylophone or other musical instruments
Fishing	Racquetball	Yodeling
Football	Raise a pet	Yoga
Frisbee	Read a book	Zoo trips
Garage sales	Rock climbing	
Go carting	Roller skating	
Going to beach	Rugby	
Golf	Sailing	
Gymnastics	Scuba diving	
Handball		
Hang gliding		

*Some specify limits;
consider limits for all*