



# The Center for Stress Management

## 100 WAYS FOR ADULTS TO PLAY AND RECREATE

1. Go out to TopGolf
2. Karaoke
3. Dance
4. Paint
5. Read a novel
6. BBQ
7. Go to a Painting Party:  
Pinot's Palette, Painting with a Twist
8. Social Gatherings
9. Vacations
10. A day at the beach
11. Playing cards
12. MeetUps
13. Adventures
14. Tours
15. Scavenger Hunts (letterboxing)
16. Girls Night Out
17. Movies
18. Shopping
19. Entertainment Complexes
20. Miniature Golf
21. Walking Groups
22. Attend workshops
23. Camping
24. Hunting Trip
25. Go Fishing
26. Golfing
27. Guys Night Out
28. Poker Night
29. High Tea
30. Model Home Tours
31. Attend Festivals
32. Attend events at  
Discovery Green
33. Go to the theater
34. Go to a museum
35. Go to the park
36. Hike and bike
37. Laugh
38. Go to a comedy club
39. Play board games
40. Watch TV
41. Play Wii
42. Use Apps
43. Play Video Games
44. Do home repair projects
45. Beach walks
46. Ride a Segway
47. Sleep
48. Blow Bubbles
49. Play Croquet
50. Play Badminton





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|-----|--------------------------------------|------|--|
| 51. | Act Silly                            | 76.  | Have a conversation around the fire pit            |
| 52. | Play Volleyball                      | 77.  | Attend a cooking class                             |
| 53. | Swim                                 | 78.  | Bake   |
| 54. | Splash                               | 79.  | Garden   |
| 55. | Watch funny Utube movies             | 80.  | Paddle Boat  |
| 56. | Block Parties                        | 81.  | Float  |
| 57. | Travel                               | 82.  | Buy new clothes                                    |
| 58. | Sex                                  | 83.  | Have a manicure and pedicure                       |
| 59. | Take time to unplug from electronics | 84.  | Give and receive hugs                              |
| 60. | Sailing                              | 85.  | Lay out in the sun                                 |
| 61. | Skiing                               | 86.  | Listen to music                                    |
| 62. | Fine Dining                          | 87.  | Play an instrument                                 |
| 63. | Date Night                           | 88.  | Create a mosaic                                    |
| 64. | Weekend Getaways                     | 89.  | Go antiquing                                       |
| 65. | Go to the Horse Races                | 90.  | Get a haircut or new hairstyle                     |
| 66. | Go to a casino                       | 91.  | Go to a new restaurant                             |
| 67. | Attend a concert                     | 92.  | Look at photos or videos                           |
| 68. | Go to a professional sporting event  | 93.  | Scrapbooking                                       |
| 69. | Stay at a romantic bed and Breakfast | 94.  | Spend time with children                           |
| 70. | Skip                                 | 95.  | Spend time with a pet                              |
| 71. | Have a facial                        | 96.  | Walk in the rain and don't worry about getting wet |
| 72. | Have a massage                       | 97.  | Decorate cakes                                     |
| 73. | Explore a new part of town           | 98.  | Puzzles  |
| 74. | Giggle                               | 99.  | Play Pool  |
| 75. | Bowling                              | 100. | Do whatever you are doing with an attitude of fun! |

