

Pleasant Activities for Your Loved One

This exercise is similar to the Pleasant Activities Scheduling exercise you did for yourself, except this time, *you'll create a list for your care recipient.* This may take some true detective work on your part, however, as the activities that your loved one enjoys may be changing. This may take some true detective skills on your part because the activities that you loved one enjoys may be changed or in the process of changing.

Activity	Minimum Time Required	Materials Needed
Gardening		
Hobbies		
Organizing (recipes, photos, bills, etc.)		
Caring for a pet		
Enjoying a cup of coffee/tea or other snack		
Enjoying a bath/shower		
Exercising/Stretching/Dancing		
Music/Movie Videos		
Reminiscing about the past		