

Pleasurable Activities List & Daily Monitoring

This activities list is unique from other activity lists you may find online because it is designed for people with small babies and / or toddlers at home and is divided into things you can do while your child or child(ren) are awake, when they are napping and finally, things you can do alone when your children are being cared for by someone else. Although some activities involve the use of a mobile devices (ie - listen to a podcast), these are meant to provide inspiration for things apart from screen time / scrolling.

How to use the Activity List

Go through this list and highlight or circle the activities that you enjoy and would like to incorporate into your routine. Feel free to add your own things to the bottom of the list. If there is something that you can only do while you're alone, perhaps there is a way to adapt that activity, or something adjacent that you could do when your children are napping or are awake.

You can refer to this list when you have a few minutes and are wondering what to do (eg -- My baby is napping now...what should I do?) Or, you can schedule a few of these activities into your week (eg - sign up for a weekly art class, schedule a regular evening walk with a friend).

Daily Monitoring

It can be helpful to keep track of when you do pleasurable activities and tasks that give you a sense of accomplishment so that you can visually see what you did during the day and how those activities relate to how you feel.

You can either plan pleasurable activities ahead of time, choose from the list, or record activities that you naturally find yourself engaging in through the day.

Record other activities that you spend your time doing (ie – chores, errands) and assess how much pleasure and sense of accomplishment each one of these gives you.

There are "daily monitoring" worksheets that you can find online, or you can record these in a journal. I have provide an example below.

Date: Thursday Feb 27, 2025			
Time	Activity	Accomplishment (1-10)	Pleasure (1-10)
7:00	Coffee & listen to music while baby naps	0	8
9:00	Walk dog with baby in stroller, listen to audiobook	7	8
12:00	Put in a load of laundry with baby in carrier	7	2
2:00	Baby napping, unload dishwasher, flipped laundry	7	0
3:00	Baby napping – tea and read for a few minutes	2	8

Pleasurable Activity List

Baby Awake	Baby Napping	Alone
Call a friend / family member on the phone	Call a friend / family member on the phone	Meet a friend / family member for a coffee / drink / walk
Walk with the stroller / carrier	Walk with the stroller / carrier	Go for a walk and listen to a podcast / audiobook
Read a page or chapter of a book (try short stories or poems)	Read a page or chapter of a book (try short stories or poems)	Read a novel or longer form book
Take photos	Take photos	Go for a swim
Do some stretches / yoga together or a parent-baby yoga class	Short at-home yoga	Go to a yoga class
Go to an EarlyON center	Take a nap	Go to bed early / take a nap / bath
Visit the library	Look up a book or audiobook on the library app	Visit a library or bookstore
Listen to a podcast or radio	Listen to a podcast or radio	Listen to a podcast or radio
Listen to or play music	Listen to or play music	Go to a concert
Eat a meal outside	Eat a meal outside	Go out for a meal
Watch a movie or show	Watch a movie or show	Go to a movie
Water plants / garden	Water plants / garden	Visit a garden center
Bake or prep ingredients for something easy (muffins, cookies)	Bake or prep ingredients for something easy (muffins, cookies)	Bake something more involved (eg - cake, pie)
Visit a park / go for a hike	Sit outside on the porch / balcony / backyard	Go for a hike in nature
Have a friend over	Have a friend over	Visit a friend
Visit a friend	Write a letter	Join a book club
Visit the mall	Play solitaire (with real playing cards)	Go shopping for yourself
Visit children's museum or art gallery	Sketch / Draw	Visit museum or art gallery
Prep a meal	Prep / Cook a meal	Cook a more complicated meal
	Knit / Crochet something easy (dishcloth, scarf)	Knit / Crochet something more complicated
	Write a poem	Take a class (painting, pottery, drawing, exercise)
	Work on a puzzle	Plan a games night
	Write in a journal	Go for a coffee and write in a journal or read a book
		Exercise (gym, swim, bikeride, exercise class)
		Meditate
		Go to therapy

Daily Monitoring Worksheet

You can either plan pleasurable activities ahead of time, choose from the list, or record activities that you find yourself engaging in through the day.

Record activities that you spend your time doing (ie – chores, errands, self-care, etc) and write down how much pleasure and/or sense of accomplishment you feel during and after these activities.

Date:			
Time	Activity	Accomplishment (1-10)	Pleasure (1-10)

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Daily Monitoring Worksheet

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