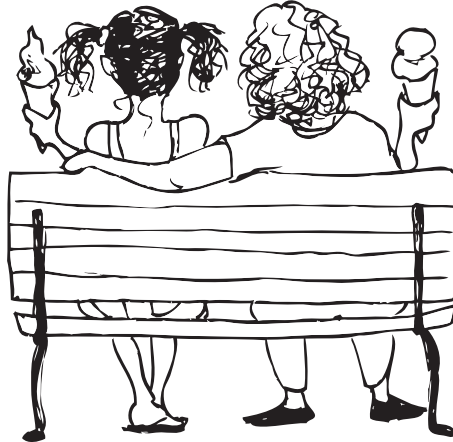


Parent–Teen Shared Pleasant Activities List

Instructions: Check off the activities on this list that you would enjoy doing with your parent/teen. Then compare lists (or fill this out together) and select a few activities that you can enjoy together—aim for at least 3 per week.

*Also, remember to respect each other’s need for privacy and alone time.



- | | | |
|---|--|--|
| 1. Going bicycling | 13. Bowling | 24. Having a barbecue |
| 2. Going for coffee | 14. Playing golf | 25. Going camping |
| 3. Going out for ice cream/
yogurt | 15. Going for a drive | 26. Listening to music you
both like |
| 4. Cooking or baking | 16. Fixing up part of your
home | 27. Going to a show, game,
or concert |
| 5. Getting a manicure | 17. Doing a crossword
puzzle | 28. Watching a favorite TV
show or movie together |
| 6. Going for a massage | 18. Skiing, ice skating | 29. Going for a walk/run |
| 7. Walking by the beach | 19. Having some quiet
reading time together | 30. Getting your hair or
makeup done together |
| 8. Planning a vacation | 20. Going to a café/out to
eat | 31. Talking about when you
were little |
| 9. Going shopping | 21. Going to an amusement
park | 32. Visiting relatives or
friends together |
| 10. Watching a ballgame | 22. Going to a museum | |
| 11. Doing yard work/
gardening | 23. Playing catch | |
| 12. Playing with pets,
walking the dog | | |

(continued)

Parent-Teen Shared Pleasant Activities List (page 2 of 2)

33. Doing community service/volunteer work

34. Shopping for a gift

35. Talking about your day

36. Playing videogames

37. Playing board games or cards

38. Looking thru photos

39. Going to a park

40. Working out/going to the gym

41. Take a yoga/exercise class

42. Playing music/jamming together

43. Talking about future plans together

44. Planning a surprise for someone

45. Joking around/being silly

46. Doing a creative hobby together (e.g., painting, drawing, knitting, scrapbooking, model building)

47. Taking an art class

48. Looking at/showing your favorite website

49. Teaching the other one something new (e.g., in technology, photography)

50. Telling family stories

Add Your Own!

51. _____

52. _____

53. _____

54. _____

55. _____
