

Personal Coping List Example

Bubble bath	<u>Outdoors</u>	• Coins
Hot shower	Bird watch	• Cards
The beach	Duck pond	Crafts
Hot tub	Go to the lake	Pottery
Listen to rain outside	Skip rocks	Photography
Make music videos	Feed ducks	Cross stitch
Garden	BBQ	Sew
Makeovers	Picnic	Build/design
Make a collage	Festivals	Paint
Puzzles	Carnivals	Draw
Rake leaves	Circus	<u>Places to Go</u>
Wash car	Fishing	Bookstore
Observe	Caving	Learn a language
Family history	Camping	Concert
Waterskiing	Horseback riding	Visit animal store
Meditate	Bonfire	Go to the zoo
Pray	Hammock	Sporting event
Study religions	Sit in the sun	Rodeo
Movie theater	Sit outdoors	Ballet
Nap	Sunset/sunrise	Go downtown
Give self a hug	Star-gaze	Plays
Home videos	Horseshoes	Art gallery
Watch children play	Bochas	Aquarium Museum
Skip class	<u>Snow Activities</u>	Shopping
Cry	Sledding	• Wal-Mart
Get a massage	Snow angels	• Supermarket
Acting	Snowball fight	• Target
Play with pets	Tubing	• Mall
Give	Skiing	Drive
• Cookies/Food	Snowboarding	• and sing
• Service	<u>Hobbies</u>	• Off-roading
- Soup kitchen	Collect Things	• Mud bogging
- Visit Elderly	• Stamps	• Motorcycle/moped
- Yard work		• a Scenic route

- Mountains
- Pool

Decorating

Remodel
 Redecorate
 Reorganize
 Move furniture

Cook

Cookies
 Hot chocolate
 Milkshake
 Ice cream

Kid Things

Watch clouds
 Finger paint
 Water colors
 Hopscotch
 Sidewalk chalk
 Daydream
 Draw
 Trampoline
 • Wet/Sprinkler
 Jump in leaves
 Coloring
 Bubbles
 Jump on bed
 Run a race
 Swim
 Play pinball
 Skip
 Wash car
 Nintendo/Atari
 Playground
 • swings

- slide
 - monkey bars
 - merry-go-round
 - hanging bars
 - obstacle course
- Fly a kite
 Run in sprinklers

Eat

Fruit
 Veggies
 • With dip
 Crackers
 Cheese
 • Cottage
 • Cream
 Nuts
 Toast
 Sandwich

Exercise

Walk
 Run
 Hike
 Skateboard
 Rollerblade
 Roller skate
 Ice Skate
 Bike
 Swim
 Frisbee Golf
 Golf
 Miniature Golf
 Ping pong
 Weight lifting
 Push-ups/Sit-ups
 Bowling

Aerobics
 Climb a tree
 Jump rope
 Batting cages
 Martial Arts
 Yoga
 Kickboxing
 Punching bag

Read

Fiction
 Jokes
 Reader's digest
 Scriptures
 Other religious lit.
 Therapy-related
 Self-help
 Meditations
 Journals
 Kid's literature

Write

Jokes
 Stories
 Journal
 Letters
 Letter to yourself
 Notes
 Poetry

Music

Sing
 Karaoke
 Compose
 Play
 • Piano
 - Classical

- Religious
- Kids
- Popular
- Duets
- Guitar
- Trumpet
- New instrument

Listen

- Classical
- Old rock
- Country
- Religious
- Random radio
- Kid stuff
- Oldies
- Memory music
 - Kid
 - Teen
 - College

LIMITED

TV

Computer

Search web

Play solitaire

Watch a movie

Video games

Relational Coping List Example

Hike	Take a walk	Aquarium
Skateboard	Car washing party	Museum
Rollerblade	Out for ice cream/dessert	Ceramic/pottery store
Roller skate	Dessert contest (making or eating)	Build-a-Bear
Ice Skate	Chocolate making/dipping	Dance (country)
Bowling	Candy making	Story writing contest
Batting cages	Fortune cookie making	State parks
Golfing/driving range	Out for dinner	Canoeing at a local lake
Service	Basketball	Nickel-cade
• Target	Billiards	Swap meet or flea-market
• Soup kitchen	Make a video with child- hood photos and home movie clips	Rodeo
• Visit elderly	Dutch oven cooking	Theater
• Yard work	Crepe/pancake breakfast	Ice show
• Cookies/food	Horseshoes	Demolition derby
Movie theater	Drive	Lecture
• Drive-in	• to small towns	Rewrite the newspaper
Hot tub	• around your town	History tour
Playground	• Downtown in a nearby city	Go visiting (surprise)
• Obstacle course	• Motorcycle/moped	Give blood
Fly a kite	• a scenic route	Historic church trip
Play pinball	Bookstore	Temple
Bochas	Concert	Hot chocolate and talk (highlights of month)
Slumber party	Sporting event	Take a class together
Air hockey	Ballet	Animal Habitat
Go to the lake	Drama/play/musical event	Bubble blowing contest
Skip rocks	Art gallery	Creative Story (write/say one or two lines of a story, the next person continues with another line or two)
Feed Ducks	Drawing class/instruction	Crock pot party
BBQ	Dance Instructions (ballet, country, tap, swing, square dance, high- land, etc)	Dehydrate fruit
Board/Card games		Donate blood
Festivals		Fashion show (modern/
Fruit picking		
Amusement parks		
Garage/Yard Sale shopping		
Letterboxing		
Auction		

oldies/clothes from scriptures/other cultures)	Subway trip	Skiing (water or snow)
Bonfire (hot dog/ marsh-mallow roast)	Make a video	Volleyball
Factory tour	Miniature golf (can even make your own course)	Tennis
Family history (genealogy)	Bikes (Tandem/individual)	Softball
Fireside	White water rafting	Watch sunrise or sunset (tell stories/share testimonies)
Boating	Revisit old memories from growing up	Snow ball fight
First aid class	Sundae party	Yoga (or other type of relaxation/exercise)
Fondue party	Musical show	Walk-a-thon
Chili cook-off	Opera	Story telling
Food storage	Painting	\$5 to spend on the best item at the mall
Football	Petting zoo	Tie-Dye shirts
Balloon volleyball	Pillow fight	Relay ping pong (run around the table)
Street or field hockey	Pizza party	Name that tune
Bowling	Poetry readings	Paint your own pottery
Formal dinner	Popcorn fight	Fishing
Games	Potluck meal	Take turns playing advice columnist and help seeker (who can come up with the best problems and the best answers)
Gardening (plant a tree!)	Pottery class	Capture the flag
Charades	Sculpting class	Mark off boundaries throughout the town, and play hide and go seek with cars. You and your date go hide, and then call the other couple with a clue
Badminton tournament	Progressive dinner	Lego building contest
History class	Racquetball	Family Feud
Hold a free musical concert (instruments/choirs/etc.)	Jogging	
Puzzle party	Rock climbing	
Hot air balloon ride (make sure your date/group is okay with this!)	Roller blading/skating	
Water park	Sand castle building	
Instrument class (everyone tries using different instruments)	Museum	
Scavenger hunt	Self-defense instruction	
Leather working class	Paper folding	
	Chalk drawing	
	Miniature marshmallow fight (big ones can hurt, I know!)	
	Homemade pizza	
	Sign Language class	

Public Garden	has a camera, takes	Garden
Hollywood Squares	pictures, develop in	Makeovers
Paper boat races	one hour/upload to a	Family history
Swimming	computer, and look at	Make a collage
Litter clean up party	pictures together)	Puzzles
Taffy pulling	Chocolate/Candy Factory	Learn a language
River Float	Tour/Visit	Dance
Snow sculpting	20 Questions (open-end-	Mutual Hobbies
Theme parties (medieval, Hawaiian, etc.)	ed about each other)	<ul style="list-style-type: none"> • Class
Train ride	or everybody brings	Cook
Nature walk	a question everybody	<ul style="list-style-type: none"> • Fondue
Marathon run	answers	<ul style="list-style-type: none"> • Green eggs & ham
Treasure hunt	Act Pretentious at an art	<ul style="list-style-type: none"> • Taffy
Skits	show	Learn a relative's story
Tubing down a river	Window shop on the	Missionary letters
Ultimate Frisbee	square	Sunset/sunrise – watch or
Sledding	Classes (Art, Dance, etc.)	activities such as:
Sleigh ride	Baseball game	<ul style="list-style-type: none"> • Push-ups/sit-ups
Visit the elderly (read to them too!)	Middle/High School Plays	<ul style="list-style-type: none"> • Aerobics
Patriotic class/history of your country	Home videos	<ul style="list-style-type: none"> • Yoga
Wood working	Book of remembrances	<ul style="list-style-type: none"> • Jump Rope
Pool/Darts	Bubble bath	<ul style="list-style-type: none"> • Bochas/Bocci Ball
Roller Skate (Rink)	Hot shower	Pajama party
House “Hunting”	Massage	
Indoor Rock Climbing	Watch clouds	<u>Read</u>
Archer/Firing Range/Ri- fles	Finger paint	Fiction
Dress Rehearsal Tickets	Water colors	<ul style="list-style-type: none"> • Kid's literature
Restaurant.com (Dinner Deals)	Hopscotch	<ul style="list-style-type: none"> • Sci-Fi
Share spiritual experiences	Sidewalk chalk	<ul style="list-style-type: none"> • Church
Test Drive Cars	Trampoline	Reader's digest
Photography (everyone	<ul style="list-style-type: none"> • Wet/Sprinkler 	Scriptures
	Jump in leaves	Jokes
	Coloring	Ensign
	Wash car	Self-help (Colors)
	Run in sprinklers	Journals
	Make music videos	Study religions
		History (person or period)

Write

- Stories
- Journal
- Letters
- Notes
- Poetry
- Personal Histories (one talks, the other types & asks questions)

Music

Sing

Karaoke

Play

- Piano
 - Duets
- Guitar
- New instrument

Short Times at home

Video Game (DDR, Dr. Mario, Atari, etc.)

Trade massages

Hot tub

Talk about the day

Watch a show (only 1)

Read a short story

Read a magazine article

Listen to an inspirational talk

Karaoke

Piano or guitar duets

Seasonal

Haunted House

Santa at the mall

Gingerbread house contest
& apple cider

Christmas music

Caroling

Dates at homeMake birthday cards for
the upcoming year

Story writing contest

Play a game (make a list)

Picnic in living room

Video games

Piano/guitar and sing

Pick a historical person/
period and read about
it together

Rewrite the newspaper

Take an online class to-
getherGet to know a relative's life
story

Write missionary letters

Look at photo albums
from since we've
known each other

Country dancing video

Stargazing (use a book to
help)

Rent a movie

Read a book together

Invite extended family
overCook (taffy, fondue, green
eggs & ham)

Homemade Ice Cream

Make a gingerbread house

Group/Social Dates

Ancestor potluck dinner

Banana Splits, Fondue,
appetizers, snacks or
desserts

Pizza decorating contest

Passover feast

Supermarket sweep

Play games

Race ("Olympics" – skip,
3-legged, wheelbarrow,
egg, etc.)

Play basketball at park

Scavenger hunt at mall

Bowling

Country dancing

Frisbee golf

Horseback riding

Picnic

Nickel-cade

Rodeo

Theater

Demolition derby

Miniature golf

Go to the temple

Laser Tag

Pump-it-up/extreme
sports

Planetarium

Out for dinner

Flip a coin to turn until
you arrive at a restau-
rant**LIMITED**

Computer

Search web