

**EMOTION REGULATION: HANDOUT 13
LOW COST/NO COST PLEASURABLE ACTIVITIES
IN AND AROUND THE PORTLAND AREA**

1. Go the library (self-help brown bag series)
2. Go window shopping
3. Go to Powells Bookstore to browse or for an evening lecture
4. Go to movies (discounted matinees)
5. Go to Art Museum (first Thursday of the month is free admission)
6. Go garage sale hunting on the weekend
7. Offer to help at a friend's garage sale
8. Go to a Winterhawks game
9. Take a walk through Washington Park Rose Garden
10. Go roller skating at Oaks Park
11. Go see a play (volunteer to work at one as ticket person, usher)
12. Take a ride on the carousel at Jantzen Beach Mall
13. Rent a video or check out from the library
14. Ride the bus to an unfamiliar (but safe) part of town
15. Go browse at New Renaissance Book Store
16. Watch ice skating at Lloyd Center or Clackamas Malls
17. Go on a picnic
18. Go to the park, spread out a blanket and read a good book
19. Organize a card game or board game with friends
20. Go to Saturday Market
21. Visit the Oregon Historical Society
22. Take a walk along the waterfront
23. Go to a coffee house for coffee and poetry readings, free music
24. Take a trip to Multnomah Falls
25. Take a trip to the Grotto
26. Go for a drive through the Columbia Gorge
27. Go to the airport and people watch, browse the stores
28. read from an affirmation book
29. Make a relaxation tape (inner vacation) or affirmation tape of your own
30. Go to an exercise class
31. Try sewing, knitting or other crafts work
32. Go to a Ceramica store with a friend or group of friends and paint ceramics
33. Try your hand at painting or drawing
34. Go thrift store shopping
35. Gardening, repotting plants
36. Offer to babysit for a friend
37. Take a child to Chuck E. Cheese or Playground USA
38. Take your dog on an outing
39. Go out for coffee or to lunch with a friend (meet with sack lunches at the park)
40. Take on a volunteer job, one-time only or on-going
41. Try baking or cooking something new

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42. Organize a special picture album or a particular file, drawer or closet in your home
43. Go to one of the school art galleries — Reed College, PCC, PSU
44. Do First Thursday with a friend
45. Go visit the Vietnam Memorial at Washington park
46. Start a jigsaw puzzle with your family
47. Go to see Vista House at Crown Point
48. Write letters or cards to family and friends
49. Go get a facial or other treatment at one of the beauty schools
50. Take a trip to OMSI
51. Take a trip to Hood River to watch the wind surfers and picnic, have apple cider
52. Take the trolley car ride in Lake Oswego
53. Go on a day trip to the coast
54. Go to the Japanese Gardens
55. Go to Pioneer Court House at lunchtime to people watch
56. Go to the zoo, with or without children
57. Go to summer concerts at the zoo, at one of Portland's parks
58. Go visit Edgefield manor, watch the glass blower
59. Go see a psychic or to a psychic fair with a friend
60. Go to a Home and Garden Show, Computer Show, etc.
61. Take a one-time only or on-going class through the Parks and Recreation Department
62. Research the family tree
63. Go berry picking
64. Go antiquing in Sellwood or Aurora
65. Go to Council Crest
66. Do Shakespeare in the Park
67. Go to the Children's Museum
68. Go to the Duck Pond at Westmoreland Park
69. Go see a film at the International Film Festival/or alternative film at Cinema 21
70. Take a hike in Forest Park (Wildwood Trail), go to the arboreum
71. Drive to Longbeach, Washington and visit the town of Oysterville
72. Go to Pittock Mansion on a clear day and see all five peaks
73. Drive to Sherwood to see the llamas
74. Rent a canoe and go canoeing on the Willamette
75. Ride the max
76. explore a toy store.

(An on-going list generated by Portland DBT Program clients)

77. Surf the net city search.com