

5-Minute Activities



Quick ideas for various settings.

ACCEPTS Activity Ideas

- Make a quick sketch
- Organize one small drawer
- Play a short puzzle
- Water your plants



5-Minute



- Quick sketch
- Organize a drawer
- Short puzzle
- Water plants



15-30-Minute



- Bake something simple
- Shower and change clothes
- Craft project
- Watch an episode of a familiar show



Social



- Send a funny meme
- Help with a small task
- Online game with a friend
- Write a thank-you message

Creative



- Make a collage
- New drawing prompt
- Rearrange a playlist
- Write a fictional scene



Physical

- Stretch to a short routine
- Walk around the block
- Household chores
- Beginner dance routine

Quiet



- Read a few pages
- Do a crossword
- Sort photos
- Listen to an audiobook

School/Work



- Format a document
- Tomorrow's task list
- Clean workspace
- One low-effort admin task

Private



- Take a long shower
- Write a private unsent letter
- Rearrange your room
- Solo craft or puzzle

