


Activity Scheduling for Adolescents with Depression



One way to improve a depressed mood is using behavioral activation, or scheduling positive and enjoyable activities throughout the day. Setting up this schedule can help reduce unhealthy behaviors, like sleeping too much, having poor hygiene, or withdrawing from friends. Replacing negative behaviors with simple, rewarding, and healthy activities can improve your mood.

If you're feeling unmotivated and don't have a lot of energy, it can be hard to start difficult tasks. Try setting small goals instead and pace yourself as you begin this new schedule. Like with any new routine, behavioral activation takes practice, may not always give instant relief, but is a dependable tool you can use to improve depression long-term.

Using the chart below, fill in positive activities to help boost your mood across the day.

 WEEKLY ACTIVITY SCHEDULE			
	Morning	Afternoon	Night
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
<i>Example</i>	<i>Eat a healthy breakfast</i>	<i>Spend time outside</i>	<i>Listen to favorite music</i>

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ON OUR SLEEVES
The Movement for Children's Mental Health

Wolfson Children's Hospital
OF JACKSONVILLE

Ideas for Activity Scheduling

At Home:

- Watch a movie
 - Color, draw, or paint
 - Do a puzzle
 - Call a friend
 - Make a craft
 - Try new food
 - Write in a journal
 - Play a board game
 - Exercise
 - Send a postcard to a friend
 - Read a book
 - Listen to music
 - Practice an instrument
 - Listen to a guided meditation online
 - Sing your favorite song
 - Try stargazing and point out constellations
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With Parents, Friends, or Family:

If you plan an activity outside or around town, always make sure to have permission and let your caregivers know where you are.

- Visit a friend or family member
 - Go for a walk outside
 - Head to the beach
 - Play a game of cards
 - Go swimming
 - Play a group sport
 - Explore a new place in your town
 - Go fishing
 - Cook a meal or make dessert
 - Tour a park and go for a hike
 - Take a bike ride
 - Plant a small garden
 - Watch a live play or concert
 - Go to a sporting event or theme park
 - Visit the local museum
- Add Your Own Ideas:**
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