



**Dr. Clifford Sussman's
Recommendations
Low Dopamine Activities
During Quarantine**

(Post your ideas at <https://cliffordsussmanmd.com/> under YouTube video)

Arts and Crafts

- Making bead animals, lanyard bracelets, or homemade jewelry.
- Drawing, clay, painting-watercolors, charcoal, crayons, or wire sculptures.
- Origami

Assemble

- Legos
- Mail Order Kits (e.g. furniture, playground equipment)

Balsa Wood Construction

Indoor/Backyard Activities

- Obstacle Courses, camping, and BBQ
- Making forts/tents

Building-

- **Models** (Airplanes, buildings, cars, and trains)
- Magna tiles-magnetic and electronic

Books

- (Sci-fi) and choose-your-own adventure appeals to many gamers!
- Graphic Novels/Comic books/Manga
- Read Harry Potter Series and watch movies as a Family



Computer skills-

- Graphic Design
- Coding

Charity work

- Home Fundraising
- Work for Charities

Cooking

- Bake for someone
- Family baking competition. A couple of family members make chocolate chip cookies and other members of family judge.

Conversations Facetime/zoom/skype

Dancing

Games

- Board
- Card Games (e.g. UNO, Solitaire, or Bridge)- **(Note that gambling can be an HDA)**
- Learning Card Tricks/Magic Tricks
- Tabletop (e.g. Dungeons and Dragons)
- Dice (warning similar warning about cards/gambling above)
- Cars- Electric Racecars, Remote Control Racing, and Zipes Speed Pipes
- Carpet Bocce/Mini Golf/Croquet
- Darts
- Domino Rallies
- Billiards
- Ping-Pong
- "The Floor is Lava"



Help with Home Repairs

Puzzles

- Rubik's Cubes
- Perplexus
- (3-D spherical maze)
- Tangram

Juggling

Musical Instruments

Online classes- Note (watching videos without practicing could be considered high-dopamine)

- Music
- Martial arts
- Photography/Film making
- CPR class

Relaxation

- Home Massage
- Bubble Bath
- Meditation

Space study

- Telescope/Astronomy

Sports/Exercise

- Hacky sack
- Driveway Basketball Hoop
- Martial Arts

Workbooks

- Hangman
- Mad Libs

Writing-Creative