

Leisure Activities

Leisure is important for us to take care of ourselves and stay healthy! It is good to try out different types of leisure to see what makes us the happiest and most relaxed.

The table on the last page has a list of activity ideas for you to try. You do not need to try all of them but select the ones that seem most interesting to you.

- Each week, select 2-3 leisure/relaxation activities to participate in from the list below.
- Rate how the activity made you feel by circling the emotion face.
- Include comments about the activity you chose.
- Try to think of a few of your own activities to add to the list!

Date	Activity	Rating	Comments
		  	
		  	
		  	
		  	
		  	

		  	
		  	
		  	
		  	
		  	
		  	
		  	
		  	

Activity	Ideas
Board game	Connect 4, Candyland, Trouble, Yahtzee
Card game	Uno, Go Fish, Old Maid, War
Cooking/baking	Spring Cake Mix Cookies Best Ever Muffins Recipe 2 Ingredient Cake Batter Truffles Easy Quesadillas Recipe Mac and cheese Pancakes Assist with dinner
Dancing	Go Noodle Videos at https://www.gonoodle.com Free to set up a family account
Draw or color	How To Draw A Cute Ice Cream Cone Free Coloring Pages crayola.com
Gardening	Plant flowers outside, create indoor herb garden, Chia pet, Plant a small pot or Play doh container with soil and seeds
Legos	
Mad Libs	Printable Mad Libs Archives
Mazes	Mazes, Free Printables, Easy to Hard
Meditation	5 minute guided meditation 3 Minutes Body Scan Meditation
Movie watching	
Photography	Choose a theme to photograph around your home or in your neighborhood (signs, plants, items that are round)
Playing with/caring for pet	
Puzzles	Online puzzles: Kids Puzzle Games
Reading	https://www.storylineonline.net
Sewing/knitting	
Singing or listening to music	
Yoga	Chair Yoga For Slowing Down 10 Minutes Betsy the Banana A Cosmic Kids Yoga Adventure!