## The LEISURE LINK

"Your link to a healthier life"

<table>
<thead>
<tr>
<th>LEISURE INTERESTS</th>
<th>DOES THIS INTEREST YOU?</th>
<th>CAN YOU AFFORD THIS?</th>
<th>WHAT DO YOU NEED TO DO BEFORE YOU BEGIN THIS ACTIVITY?</th>
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</thead>
<tbody>
<tr>
<td>Play Cards • Board/Table Games</td>
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<tr>
<td>Garden • Plants • Yardwork</td>
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<td>Woodworking</td>
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<tr>
<td>Paint • Draw • Sketch</td>
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<td>Attend Concerts/Plays</td>
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<td>Attend/Rent Movies</td>
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<td>Listen to Music • Dance</td>
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<td>Camp • Fish • Hunt</td>
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<td>Golf</td>
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<td>Swim • Sunbathe</td>
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<td>Bowl</td>
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<td>Go to Parks • Hike • Picnic</td>
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<td>Exercise • Jog • Walk • Lift Weights</td>
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<tr>
<td>Basketball • Baseball • Football • Volleyball</td>
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<td>Bicycling</td>
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<td>Travel/Vacations</td>
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<td>Socialize • Party • Visit People</td>
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<td>Crossword/Seek &amp; Find Puzzles</td>
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<td>Video/Electronic Games</td>
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<tr>
<td>Fairs • Circus • Zoo • Amusement Park</td>
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<tr>
<td>Science/Art/History/Health Museums</td>
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<td>Write Stories/Poems/Journals</td>
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<td>Collecting</td>
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<td>Cook • Bake</td>
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<td>Read</td>
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<td>Sew • Knit • Embroider • Crochet</td>
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<tr>
<td>Shop • Garage Sales • Flea Markets • Antiques</td>
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<tr>
<td>Crafts • Models • Projects</td>
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<tr>
<td>Church/Temple Activities</td>
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<tr>
<td>Attend/Watch Sporting Events</td>
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<tr>
<td>Home Decorate/Renovate</td>
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<td>Auto Racing/Mechanics</td>
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<td>Leatherwork</td>
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<tr>
<td>Computer</td>
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<td>Volunteer</td>
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<td>Miscellaneous</td>
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<tr>
<td>Others:</td>
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Put an "A" beside activities that you do alone. Put a "P" after the activities that require planning.
I. PURPOSE:
To increase awareness of leisure activities and available community resources.
To determine feasibility of pursuing appealing leisure interests.

II. COMMENTS:
A healthy balance of one's schedule includes active leisure pursuits. At times, many people are in need of new leisure interests or reinvoking themselves with previous leisure activities. Choosing leisure activities can be tricky because it involves so many factors ... Can I afford this? Do I have the time? Will this allow me quiet time? Will this connect me with other people? Does it require too much planning? Is it close enough for me to get there? Benefits of leisure are numerous! They include relaxation, self-improvement, having fun, meeting new people, taking risks, exercising, stimulating the mind, etc.

III. POSSIBLE ACTIVITIES:
A. 1. Photocopy handout and cut each leisure activity into a strip of paper.
   2. Fold strips in half, place in a basket and ask each group member to pick one strip of paper.
   3. Ask for a volunteer to act out chosen leisure activity as a charade, the other group members guessing the leisure activity.
   4. When the group has correctly guessed, discuss together who might be interested in pursuing this activity.
   5. Continue asking for volunteers until each person has had a turn. If time permits, continue until all activities have been played.
   6. Process activity by discussing possible community resources.
   7. Offer handout as homework assignment for next group session.
B. 1. Gather resource information prior to group, e.g., telephone books, pamphlets, brochures, coupons, advertisements, park brochures, sports page of newspaper, etc.
   2. Photocopy handouts and distribute to each group member.
   3. Instruct group members to complete handout individually.
   4. Ask each member to share two or three leisure activities of interest.
   5. Request that each member share one activity each would like to do but can't afford.
   6. Problem solve as a group ways to see if there are solutions as to how it might be affordable, e.g., can't afford an electronic game, but can save up money and go to a video arcade once in a while.
   7. Place resource information in center of the table and allow group members to look through, obtaining information each might need to implement activities.
   8. Process activity with discussion of availability of resources for leisure activities.

Activity handout and facilitator's information adapted from submission by Bonny A. Reed-Bell, OTR/L, Canton, OH,
Teresa A. Bachtol, COTA/L, Barberton, OH, and Pamela A. Joy, COTA/L, Canton, OH.
Amusement/Family
Theme Parks
Name & Phone #
1
2
3

Game/Art/Hobby Stores
Name & Phone #
1.
2.
3.

Book/Music/Video
Stores
Name & Phone #
1.
2.
3.

Special Interests & Location
Name & Phone #
1
2
3

Lectures/Classes
Name & Phone #
1.
2.
3.

Movies & Theatres
Name & Phone #
1.
2.
3.

Sport
Facilities/Teams
Name & Phone #
1
2
3

Museums
Name & Phone #
1
2
3

Religious
Groups/Organizations
Name & Phone #
1
2
3

Parks
Name & Phone #
1.
2.
3.

Recreation Classes
Name & Phone #
1
2
3
I. PURPOSE:
To identify constructive ways to use free-time.
To discover and develop individual leisure interests in one’s community.

II. GENERAL COMMENTS:
This activity encourages the participants to become familiar with their community. It provides a means to explore community recreation and leisure resources while gathering a sense of spatial relationships between home and areas that provide recreational interests.

III. POSSIBLE ACTIVITIES:
A. 1. Introduce the importance of being able to identify leisure interests, either past or present.
Generate a list of interests within the group.

2. Discuss the availability of these resources within the participants’ communities.

3. Provide the group with telephone books and relevant literature in the center of the table. With the group seated at tables, distribute one handout to each person.

4. Participants are instructed to complete the sheet with the names and phone numbers of where it is possible to participate in the different activities.

5. Draw participants’ attention to the “special interests” location on the hunt. This location is for an interest that is not already listed on the sheet. Encourage the participants to complete this spot with a special interest.

6. When the hunt is completed, the participants can share the information that was gathered.
Encourage the participants to share the “special interest” location on the hunt.

7. At the end of the hunt, take time to share resources or ideas that could have been overlooked.

8. Process by discussing how easy or difficult it was to complete the different sections on the hunt, what group members found out about the community that was not known before, and what resources on the table were most helpful.

B. For this activity access to transportation is necessary.
1. Introduce the importance of being able to develop leisure interests, either past or present.
Generate a list of leisure interests within the group.

2. Discuss the availability of these resources within the participants communities.

3. Divide the group into teams and distribute a treasure hunt sheet to each team. Prepare the teams to go on an outing.

4. Instruct participants to complete the sheet with the names and phone numbers of where to participate, along with some literature from that place. This information is secured by visiting the specific facility or agency. Divide up the list as needed to accommodate time constraints.

5. Draw participants’ attention to the “special interests” location on the hunt. This location is for an interest that is not already listed on the sheet. Encourage the participants to complete this spot with a special interest.

6. After the hunt is completed (either following this session or in the next session) encourage the participants to share the information that was gathered.

7. Develop a resource notebook from the literature gathered for all participants to use.

8. Process activity by asking group members what was learned about each one’s community and to identify two constructive ways to use free-time in the future.
Step 1: Evaluate your use of free-time. Write ways you use your free-time...the healthy ways and the unhealthy ways. Draw a line through the triangle to make a see-saw, to see how your healthy and unhealthy ways 'stack up'.

<table>
<thead>
<tr>
<th>HEALTHY WAYS</th>
<th>UNHEALTHY WAYS</th>
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Start Here

Start Here

Step 2: Plan your weekends by making healthy choices.

- Something I will do this weekend to meet my need for physical activity this weekend is...
- Reflecting on the past weekend, I would like to able to say that...
- This weekend I will avoid...
- This weekend I am concerned about...
- I will achieve a work/leisure balance in my weekend by...
- Two productive things I can do this weekend are...
- The 'fun' things I can do this weekend are...
- My greatest accomplishment this weekend is...
- For myself this weekend is...
- The healthiest thing I plan to do this weekend is...
- I will relax this weekend by...
- Other than sleeping, I will relax this weekend by...
- A good weekend for me is one where...
- This weekend I anticipate...
- Most of my energy this weekend will go towards...
- My primary 'mission' this weekend is...
- In order not to be socially isolated this weekend...
- Something I can do this weekend to improve my mood is...
- Something I will do this weekend that will offer me a sense of accomplishment is...
- Looking forward to...
- I am proud of myself this weekend...
- This weekend I am going to...
- This weekend I will avoid...
- This weekend I am concerned about...
- I can do this weekend to improve my mood is...
I. PURPOSE:
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II. GENERAL COMMENTS:
This activity encourages the participants to become familiar with their community. It provides a means to explore community recreation and leisure resources while gathering a sense of spatial relationships between home and areas that provide recreational interests.

III. POSSIBLE ACTIVITIES:
A. 1. Introduce the importance of being able to identify leisure interests, either past or present. Generate a list of interests within the group.
   2. Discuss the availability of these resources within the participants’ communities.
   3. Provide the group with telephone books and relevant literature in the center of the table. With the group seated at tables, distribute one handout to each person.
   4. Participants are instructed to complete the sheet with the names and phone numbers of where it is possible to participate in the different activities.
   5. Draw participants’ attention to the “special interests” location on the hunt. This location is for an interest that is not already listed on the sheet. Encourage the participants to complete this spot with a special interest.
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   7. At the end of the hunt, take time to share resources or ideas that could have been overlooked.
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B. For this activity access to transportation is necessary.
   1. Introduce the importance of being able to develop leisure interests, either past or present. Generate a list of leisure interests within the group.
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   7. Develop a resource notebook from the literature gathered for all participants to use.
   8. Process activity by asking group members what was learned about each one’s community and to identify two constructive ways to use free-time in the future.
Leisure Interview with: ______________

Directions: Discuss the current and possible leisure interests with another person. Answer the below questions.

1. What do you spend most of your free time doing?

2. What benefits do you get form doing these activities?

3. Do you think that this is a good way to spend your free time? Why or why not?

4. What would you like to do for fun but have never done before?

5. Why haven’t you done this?

6. Would you rather do activities alone or with other people? Why?

7. Do you prefer to do active things or passive things? Why?

8. What would you like to do to improve how you spend your free time? What specifically do you think it would improve?