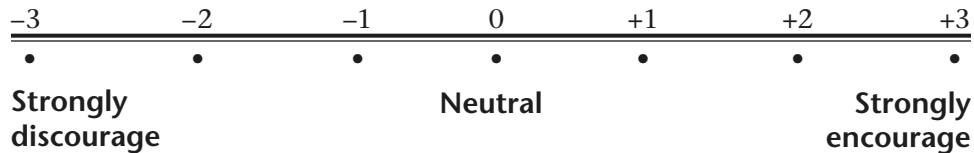


# Support for Leisure Activities

Listed below are various forms of leisure activity. In the space before each form of activity, place your rating of how much you think *people your age* would encourage or discourage you from doing the activity, using the following scale:



- \_\_\_ A. **Leisurely learning.** For instance, reading novels, going to plays, museums, zoos, concerts, art and craft shows
- \_\_\_ B. **Private space.** For instance, writing in a journal, thinking, praying
- \_\_\_ C. **Creative projects.** For instance, doing needlework, composing poems, playing an instrument
- \_\_\_ D. **Physical exercise.** For instance, jogging, swimming, rollerblading, bowling, wheelchair racing, dancing
- \_\_\_ E. **Social enjoyment.** For instance, going to dances, watching sporting events with others

On the back of this sheet, write your reflections on how much you are influenced by the opinions of people your age in deciding what leisure activities to do.

