

Sample Activities

Leisure Interest Inventory Exercise

Target Age Group: Adults

Amount of Time: 20 minutes to an hour depending upon debrief/applications

Facilitation Notes

Purpose

This inventory/checklist is meant to broaden awareness of leisure and the many possible activities. This exercise will help identify individual areas of INTEREST.

This inventory can be printed so that you can complete it yourself or with a friend or partner to do some leisure planning together. You may want to start a leisure file so that this information is easily accessible when you want to reassess your leisure, try something new OR have conversations with family or friends about possible group activities.

Instructions

It is important to remember that you do NOT have to know how to do these activities, NOR do you need to have the equipment, skill or any fees required to participate – this is about INTEREST. The idea is to check off anything that you may have an interest in.

There may be activities listed that you are unfamiliar with. Use this opportunity to expand your knowledge around these possible leisure activities by discussing with others or do some research to find out more about these activities.

Once you have completed your inventory/checklist, reflect on what you have learned from this exercise and how the information might be useful for you. Discussing it with others will provide added value. You can talk about why they are of interest, or what your top five might be or what interests you might have in common with a friend or family member so that you can plan for the activity together.

Used alone, this activity can broaden awareness of how many possibilities there are for leisure and can be a good place to start regarding interest for new or renewed participation. Some activities might just be things that you would like to learn more about before you really look at whether or not you want to participate. This exercise is a good base for leisure planning and will be more meaningful if looked at in conjunction with your leisure needs and resources so that you can intentionally select something that will meet a need or create balance with other things in your life.

Leisure Interest Inventory – Adults

Directions

Following is a list of leisure activities. Please check off all activities that you have an interest for. It may be an activity that you have never done before or don't think that you have the skills or equipment to do but still check it off if it is of interest to you. Don't prejudge and rule things out before you find out more about it!

✓		Comments
	Aerobics	
	Aquasize	
	Archery	
	Art Appreciation	
	Backgammon	
	Badminton	
	Baking	
	Ballroom Dance	
	Basketball	
	Biking (motor)	
	Bird Watching	
	Boating (motor)	
	Bowling	
	Bridge	
	Cake Decorating	
	Calligraphy	
	Canoeing	
	Checkers	
	Chess	
	Church Activities	
	Cloud Watching	
	Collecting Items, e.g., (coins, stamps, cards, etc.)	
	Community Association Activities	

	Computer Games	
	Cooking	
	Cribbage	
	Cross Country Skiing/Pulking	
	Crossword Puzzles	
	Cycling (pedal)	
	Dining Out	
	Drama (acting)	
	Drawing (sketching, cartoons, etc)	
	Education – continuing education	
	Entertaining in your home	
	Family Leisure Activity	
	Farmers Market	
	Festival Going	
	First Aid Training	
	Fishing	
	Fitness Exercises	
	Football	
	Frisbee	
	Geo Caching	
	Golf	
	Handball	
	Hip Hop	
	Home Decorating	
	Horse Shoes	
	Horseback Riding	
	Ice Hockey/Sledge Ice Hockey	
	Ice Skating/Ice Picking	
	Internet	



	Jewelry Making	
	Jigsaw Puzzles	
	Juggling	
	Kayaking	
	Kids Activities (engage with children or grandchildren)	
	Knitting/Crocheting	
	Lacrosse	
	Language Classes	
	Lapidary	
	Listening to Music	
	Martial Arts/Self Defense	
	Meditation	
	Mentoring	
	Music Concerts	
	Nature Hiking	
	Needle work/embroidery	
	Officiating Sport - specify	
	Opera	
	Orienteering	
	Painting	
	Party Going	
	Pets	
	Photography	
	Pinball	
	Plants/Gardening	
	Playing a Musical Instrument	
	Pottery	
	Racquetball	
	Reading	



	Relaxation	
	Ringette	
	Rugby	
	Running/Jogging/Wheeling	
	Sailing	
	Scuba Diving	
	Sculpting	
	Sewing	
	Shopping	
	Shuffleboard	
	Singing	
	Skiing/Sled Skiing	
	Snorkelling	
	Snow Boarding	
	Snow Shoeing	
	Soccer	
	Social Club	
	Social Media Sites	
	Softball/Baseball	
	Square Dance	
	Squash	
	Sudoku	
	Surfing	
	Symphony	
	Swimming	
	Table Tennis (Ping Pong)	
	Tennis	
	Tent Camping	
	Theatre (live plays, dance, etc.)	
	Tobogganing	

	Touring (local)	
	Trailer Camping	
	Travel (distances)	
	Video Games	
	Visiting with Friends	
	Volleyball	
	Volunteering by choice ☺ (huge variety of options)	
	Walking	
	Watching Live Sport	
	Watching Television	
	Water Skiing	
	Weight Training	
	Woodworking	
	Writing (stories, poems, other)	
	Yoga	
	Zumba	
	Others (add others to help expand the list)	