

FAMILY TIPSHEET: Interests and Hobbies Checklist

CCChecklistChecklist

Check off how each activity makes you feel. With this checklist, you can figure out which activities you would like to do or try!

Activity	😊	😐	☹️
HOME			
Gardening			
Knitting/sewing			
Cooking/baking			
Music/instruments			
Television			
Video games			
Writing			
Drawing/ painting			
Talking on the phone			
Crafts			
Reading			
Entertaining friends			
Decorating			
Board games			
Photography			
Other activities			
SCHOOL			
Clubs			

Activity	😊	😐	☹️
COMMUNITY			
Concerts			
Libraries			
Dining out or restaurants			
Parties			
Places of worship			
Cultural activities			
Community centres			
Travel			
Pottery studios			
Parades			
Garage Sales			
Shopping			
Visiting places of interest			
Special events			
Visiting friends			
Movies			
Billiards			
Escape games			
Aquariums			

Activity	😊	😐	☹️
SPORTS/OUTDOORS			
Downhill ski			
Cross country ski			
Water ski			
Wheelchair basketball			
Basketball			
Wheelchair tennis			
Tennis			
Sledge hockey			
Hockey			
Bowling			
Cycling			
Golf			
Swimming/diving			
Baseball			
Football			
Soccer			
Gymnastics			
Martial arts/karate			
Adapted yoga			

Music/Band/Choir			
Newspaper			
Student Council			
Cheerleading			
Computer/Coding			
Other activities			

Zoos			
Botanical gardens			
Major landmarks			
Museums			
Other activities			

Yoga			
Tai Chi			
Rock climbing			
Hiking			
Camping			
Canoeing/sailing			
Other activities			

Holland Bloorview
Kids Rehabilitation Hospital

Holland Bloorview Kids Rehabilitation Hospital

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A teaching hospital fully affiliated with the
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