# Day 2: Handout 5

**Community mental health tobacco treatment training**

## Activity and interest ideas

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| **Activities at home** | | | |
| Activity idea | **Tick** | Activity idea | **Tick** |
| Cooking |  | Puzzles / crosswords |  |
| Baking |  | Gardening |  |
| Playing cards |  | Indoor plans |  |
| DIY |  | Radio |  |
| Decorating |  | Pet ownership |  |
| Mending |  | Reading books |  |
| Collecting |  | Newspapers / magazines |  |
| Tabletop games |  | Chess |  |
| Scrabble / other board games |  | Computer games |  |
| Listening to music |  | PC building |  |
| Internet |  | Television |  |
| Video |  |  |  |

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| **Creative Activities** | | | |
| Activity idea | **Tick** | Activity idea | **Tick** |
| Amateur dramatics |  | Making music |  |
| Photography |  | Singing |  |
| Fashion |  | Model building |  |
| Clothes |  | Woodworking |  |
| Hair care |  | Picture framing |  |
| Cosmetics |  | Furniture restoration |  |
| Pottery |  | Needlework |  |
| Knitting |  | Crafts |  |
| Writing letters |  | Painting |  |
| Stories |  | Drawing |  |
| Poems |  | Scrap booking |  |
| Art |  |  |  |

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| **Out and About** | | | |
| Activity idea | **Tick** | Activity idea | **Tick** |
| Music |  | Charity shops |  |
| Cinema |  | Visiting friends / family |  |
| Eating out |  | Museums / art galleries |  |
| Concerts |  | Bingo |  |
| Theatre |  | Shopping |  |
| Going to the pub |  | Markets |  |
| Dancing |  | Travelling |  |
| Faith-related activities |  | Holidays |  |
| Driving |  | Visiting places of interest |  |
| Jumble / car boot sales |  | Day trips |  |

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| **Work and Education** | | | |
| Activity idea | **Tick** | Activity idea | **Tick** |
| Antiques |  | Philosophy courses |  |
| Science |  | Adult education |  |
| Speeches |  | Foreign languages |  |
| Lectures |  | History |  |
| Politics |  | Voluntary work |  |

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| **Physical Activities** | | | |
| Activity idea | **Tick** | Activity idea | **Tick** |
| Cycling |  | Birdwatching |  |
| Martial arts |  | Wildlife |  |
| Boxing |  | Bowling |  |
| Fencing |  | Camping |  |
| Exercise |  | Cricket |  |
| Aerobics |  | Climbing |  |
| Gym |  | Fishing |  |
| Pool |  | Darts |  |
| Snooker |  | Horse riding |  |
| Running |  | Football |  |
| Jogging |  | Rugby |  |
| Spectator sports |  | Hockey |  |
| Swimming |  | Walking |  |
| Table tennis |  | Golf |  |
| Yoga |  | Water sports |  |
| Tai chi |  | Canoeing |  |
| Tennis / squash / badminton |  | Rowing |  |
| Basketball |  | Birdwatching |  |