

## Activity and interest ideas

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			

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			

# Community mental health tobacco treatment training

## 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	

## Work and Education

Activity idea	Tick	Activity idea	Tick
Antiques		Philosophy courses	
Science		Adult education	
Speeches		Foreign languages	
Lectures		History	
Politics		Voluntary work	

## 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	