

Activity created by AFM Youth Community-based Staff based on therapeutic recreation strategies.

Manitoba Addictions Awareness Week

RECREATION ACTIVITIES WORKSHEET

Physical Activity

Aerobics
 Weight lifting
 Exercising
 Running/ jogging
 Walking
 Baseball
 Basketball
 Hockey
 Football
 Tennis (table)
 Biking
 Swimming
 Boxing
 Lacrosse
 Wrestling
 Volleyball
 Dancing
 Martial arts
 Golf
 Refereeing
 Ice skating
 In-line skating
 Soccer
 Skateboarding
 Hacky sack
**Creative / Building /
 Fixing / Expression /
 Learning**
 Acting
 Writing
 Drawing
 Painting
 Sculpting
 Taking lessons / classes
 Teaching
 Coaching
 Playing an instrument
 Singing
 Dancing

Photography
 Home decorating
 Pottery
 Clothes design
 Sewing
 Web design
 Auto repair
 Auto design
 Carpentry
 Cooking
 Jewelry making
 Telling jokes
 Travel
Outdoor
 Gardening
 Camping
 Fishing
 Hunting
 Stargazing
 Canoeing
 Kayaking
 Snowmobiling
 Jet skiing
 Boating
 Water skiing
 Sailing
 Motor biking
 Driving
 Pets
 Backpacking
 Sledding
 Kiting
 Bird watching
 Frisbee
 Rock climbing
 Yard work
 Hiking
 Horseback riding
Social / Games
 Board games

Card games
 Lawn games
 Video / Computer games
 Dating
 Dining out
 Concerts
 Puzzles
 Word games
 TV game shows
 Karaoke
 Socials
 Party going or planning
 Joining a club
 Talking on the phone
 Learning about cultures
 Child care
 Computer communication
 Sharing music
 Shopping
 Visiting friends
**Relaxation / Reflection /
 Observation**
 Reading
 Listening to music
 Taking a bath
 Art gallery
 Museum
 Yoga
 Meditation
 Spiritual questioning
 Religious study
 Massage
 Watching TV
 Watching movies
 Watching plays
 Sight seeing
Other Activities Not Listed
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