

# THINGS I ENJOY or WOULD ENJOY LEARNING

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Purpose:** Person centered planning and the reduction of challenging behavior involves consideration of an individual's interests. Activities in this inventory tool may be ones currently engaged in or in the past. They may also be ones they would like to learn or do in the future.

**Directions:** This inventory may be given to an individual in a number of ways. The method is determined by the individual and how they can best express their interests. The inventory can be discussed with the individual and interests checked off by the interviewer. The discussion should entail more than yes/no questions. The inventory can be put on a computer or it can be given as a written survey. The list may be modified, added to, subtracted from before being given to the individual to include known interests or other ideas.

## Entertainment

- \_\_\_\_\_ Movies or TV
- \_\_\_\_\_ Listening to music
- \_\_\_\_\_ Playing a musical instrument
- \_\_\_\_\_ Writing, reading, or listening to poetry
- \_\_\_\_\_ Watching or participating in dramatic plays
- \_\_\_\_\_ Traveling to visit inspiring or entertaining places
- \_\_\_\_\_ Sports, watching or joining a group of people in "virtual" sports
- \_\_\_\_\_ Viewing art work
- \_\_\_\_\_ Learning a foreign language
- \_\_\_\_\_ Three dimensional puzzles
- \_\_\_\_\_ Jigsaw puzzles
- \_\_\_\_\_ Playing cards
- \_\_\_\_\_ Taking walks
- \_\_\_\_\_ Board games
- \_\_\_\_\_ Dancing
- \_\_\_\_\_ Singing

## Relaxation

- \_\_\_\_\_ Religion (Church, Bible studies, Bible reading, or visits with others)
- \_\_\_\_\_ Relaxation and meditation exercises
- \_\_\_\_\_ Conversation over "coffee"
- \_\_\_\_\_ Exercise programs such as classes or regular workout

## Crafts

- \_\_\_\_\_ Photography
- \_\_\_\_\_ Crochet or knitting
- \_\_\_\_\_ Scrap booking or making greeting cards
- \_\_\_\_\_ Painting or working with colored pencils
- \_\_\_\_\_ Decorating for current holiday
- \_\_\_\_\_ Creating decorations for other places (nursing facilities)



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## Reading books, magazines and web sites

- \_\_\_\_\_ Read magazines or discuss current events together
- \_\_\_\_\_ Puns, anagrams, spoonerisms, or joke books
- \_\_\_\_\_ Nonfiction such as science or stories about people
- \_\_\_\_\_ Fiction: what kind? \_\_\_\_\_.
- \_\_\_\_\_ Talking books
- \_\_\_\_\_ Reading maps and blueprints

## Writing or written activities

- \_\_\_\_\_ Word puzzles like crosswords or jumbles
- \_\_\_\_\_ Make and contact friends through letters and/or e-mail
- \_\_\_\_\_ Write for pleasure
- \_\_\_\_\_ Keep a journal

## House keeping

- \_\_\_\_\_ Dusting
- \_\_\_\_\_ Sweeping
- \_\_\_\_\_ Windows
- \_\_\_\_\_ Folding clothes
- \_\_\_\_\_ Cooking and Baking
- \_\_\_\_\_ Laundry
- \_\_\_\_\_ Vacuum
- \_\_\_\_\_ Wash table before or after meals
- \_\_\_\_\_ Sewing

## Ecological activities

- \_\_\_\_\_ Home recycling systems
- \_\_\_\_\_ Working in a garden
- \_\_\_\_\_ Be involved in causes that help others

