

Benefits of Leisure Activities

Student Activity Sheet A

Complete the activity below by placing a check mark next to the statement that best represents how often leisure activities impact you in a particular way. When completed, give yourself 2 points for each “Always” response, 1 point for each “Sometimes” response, and no points for each “Never” response. Add the points together and look on the results chart to determine how much Leisure Activities benefit you.

Leisure Activities...	Always	Sometimes	Never
Helps me relax			
Makes me happy			
Helps me deal with stress			
Makes me healthier			
Improves my relationships			
Increases my time spend in the community			
Increases my self-esteem			
Helps me maintain my weight			
Helps me to be creative			
Adds additional enjoyment to my life			
Helps me to not be bored			
Helps me to feel positive			
Gives me the opportunity to be a leader			
Helps me to manage anger			
Helps me to not feel sad			
Keeps my mind active			
Helps me to feel calm and not anxious			
Helps me to socialize more			
Helps me learn new things			
Helps me sharpen my skills			

Total Score	Assessment Results
40-26	You get many benefits from leisure activities in your life
25-13	You get some benefits from leisure activities
12-1	You get few benefits from leisure activities
0	You get no benefits from leisure activities