

NATURAL ACTIVITIES WORKSHEET

The following are ideas for opportunities to participate in natural activities within your community. Check ideas that appeal to you and your family, but that you are **NOT** currently accessing.

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|--------------------------|--|--------------------------|--|
| <input type="checkbox"/> | Community centers | <input type="checkbox"/> | Sports events |
| <input type="checkbox"/> | Parks and recreation programs | <input type="checkbox"/> | Stables / Riding Academy / Trail Rides |
| <input type="checkbox"/> | Churches, synagogues, and temples | <input type="checkbox"/> | Camping |
| <input type="checkbox"/> | Private health and fitness clubs | <input type="checkbox"/> | Fishing |
| <input type="checkbox"/> | Gyms and aerobics programs | <input type="checkbox"/> | Playground |
| <input type="checkbox"/> | T-Ball, baseball, basketball, football
(playing or watching) | <input type="checkbox"/> | Picnic |
| <input type="checkbox"/> | Dance studios (gymnastics, ballet, tap,
jazz, ballroom, cheerleading) | <input type="checkbox"/> | Marina |
| <input type="checkbox"/> | Karate schools | <input type="checkbox"/> | Putters golf |
| <input type="checkbox"/> | Bowling alleys | <input type="checkbox"/> | Arcade (pool tables, video games, air
hockey) |
| <input type="checkbox"/> | Museums and zoos | <input type="checkbox"/> | Swimming |
| <input type="checkbox"/> | Libraries | <input type="checkbox"/> | Personal training |
| <input type="checkbox"/> | Community service organizations | <input type="checkbox"/> | Nutrition |
| <input type="checkbox"/> | After-school and summer camp
programs | <input type="checkbox"/> | Tai chi |
| <input type="checkbox"/> | Local daycare or childcare | <input type="checkbox"/> | Kickboxing |
| <input type="checkbox"/> | YMCA | <input type="checkbox"/> | Line dancing |
| <input type="checkbox"/> | Arts Center | <input type="checkbox"/> | Flower potting |
| <input type="checkbox"/> | Pottery classes | <input type="checkbox"/> | Jewelry making |
| <input type="checkbox"/> | Arts and Crafts classes | <input type="checkbox"/> | Walking trails |
| <input type="checkbox"/> | Arts Council | <input type="checkbox"/> | Girl and Boy Scouts |
| <input type="checkbox"/> | Theater | <input type="checkbox"/> | Birthday parties |
| <input type="checkbox"/> | Gardeners group | <input type="checkbox"/> | Hayride |
| <input type="checkbox"/> | Bridge Club | <input type="checkbox"/> | Community Development Corporation |
| <input type="checkbox"/> | Public park facilities | <input type="checkbox"/> | Cooperative Extension Service - 4-H |
| <input type="checkbox"/> | Orchestra | <input type="checkbox"/> | Rotary Club |
| <input type="checkbox"/> | Senior Centers | <input type="checkbox"/> | Community Fundraisers |
| | | <input type="checkbox"/> | Other: |

Also included in natural supports are “generic” agencies and supports, those that are offered to all who need assistance within a community. Some of these supports are medical services, educational services through the local school district, community service organizations, commercial businesses, non-profit agencies, and similar entities.

Circle three that you checked that you will be willing to attempt to access over the next three months.

What supports will you need to make it happen?