



Breaking Down Leisure as a Therapeutic Activity

Try this worksheet to further explore how a leisure activity is a therapeutic occupation.

Select a leisure activity you enjoy and break it down based on physical, cognitive and social/emotional goals.

Name: _____

Activity: _____

Physical Goals

- ☐ Balance
- ☐ Physical tolerances
e.g Standing, walking, sitting, bending, reaching, carrying, lifting
- ☐ Strength
- ☐ Flexibility
- ☐ Endurance
- ☐ Fine motor skills
- ☐ Hand eye coordination
- ☐ Mobility and movement
- ☐ _____
- ☐ _____

Cognitive Goals

- ☐ Memory
- ☐ Attention
- ☐ Planning
- ☐ Problem solving
- ☐ Organization
- ☐ Decision making
- ☐ Learning
- ☐ Time management
- ☐ Flexible thinking
- ☐ Language
e.g. Reading, writing
- ☐ _____
- ☐ _____

Social / Emotional Goals

- ☐ Getting out of the house
- ☐ Social interactions
- ☐ Self-confidence
- ☐ Self esteem
- ☐ Self-awareness
- ☐ Social awareness
- ☐ Communication skills
- ☐ Reading non-verbal cues
- ☐ Behaviour
- ☐ Mood
- ☐ _____
- ☐ _____

Notes: