



Pleasures from the Past Audit

How to use this form - identify pleasure activities from the past and do more of them now!

Childhood/Teen Activity	Used to enjoy	Wanted to do	Have done recently	Plan to do
Playing on the swings/ roundabout/ slide etc.				
Playing team ball games				
Playing racquet games				
Playing solo ball games/ juggling				
Climbing trees/ mountain climbing				
Playing with frisbee				
Cycling/ skateboarding/ rollerskating				
Running/ skipping				
Swimming/ surfing/ canoeing/ sailing				
Trampolining				
Kite flying				
Picnics				
Going to the beach				
Going to zoo/ safari park/ sealife centre/ farm				
Walking in woods/ mountains/ countryside				
Visiting museums/ art galleries/ stately homes				
Weekends away in resort/ historical towns				
Attending temple/ church/ synagogue etc.				
Going to the public library				
Spending time with favourite relative/ friend				
Spending time with group of friends				
Brownies/ Guides/ Scouts/ Military cadets				
Going to the fairground/ amusement park				
Going to the circus				
Going to the theatre				
Pressing/ preserving flowers				
Craft activities				
Pottery/ wood sculpture/ metal sculpture				
Sewing/ knitting/ quilting/ crochet				
Painting/ drawing/ 2D art activities				
Colouring in/ dot-to-dot				
Reading books/ comics				
Writing stories/ plays/ poetry				
Crosswords/ wordgames/ number games				
Singing				
Dancing				
Playing a musical instrument				
Learning magic tricks/ ventriloquism				
Daydreaming/ cloudwatching/ bugwatching				
Gardening				
Dress up/ pretend play/ amateur dramatics				
Playing with dolls house/ dolls/ teddies				
Cooking/ baking cakes & cookies				
Playing with/ caring for a cat, dog or other pet				
Bird watching/ train watching				
Collecting				
Astronomy/ science club				
Playing board games/ card games				
Playing computer games/ pinball/ slot machines				
Watching movies/ cartoons				
Other?				