



YOUR FUN JOURNAL

Try new things. Write down what you do.

Give each activity a fun score.

Fun Score 0 = no fun 1 = some fun 2 = the most fun.

List what type of fun it was.

Types of Fun

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|----------------------------|--------------------------|----------------------------|
| 1. Animal play/therapy | 6. Games/cards | 11. Social clubs |
| 2. Arts & crafts | 7. Gardening | 12. Sports/exercise |
| 3. Cooking | 8. Music/dance | 13. Storytelling/book club |
| 4. Digital /online games | 9. Nature outings | 14. Theater/movies |
| 5. Field trips/attractions | 10. Puzzles/sensory play | 15. Volunteer/help others |

Review your best scores each week. Learn what you like best.

Plan new activities that are fun for you.

DATE	ACTIVITY	TYPE OF FUN	FUN SCORE