

## Leisure Reference Sheet:

When I want to be by myself I can \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_.

When I want to be around others I can \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_.

When I have a lot of energy/want to move around I can \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_.

When I am feeling creative I can \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_.

When I am feeling anxious/nervous I can \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_.

When I am feeling like I want to learn something I can \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_.