







Ward Based Interest Checklist

Name:







Date:

Activity	Yes ✓	No ✗	Details
 <p>Puzzles e.g. Crosswords, word search, Sudoku, dot-to-dot</p>			
 <p>Arts and crafts e.g. Colouring in, painting, drawing, crafts, card making, scrap books, cartoons, posters, wall displays, origami, mindfulness colouring.</p>			
 <p>Writing e.g. Poetry, stories, letters, life story, book review, develop a ward newsletter, keep a journal</p>			
 <p>Jigsaws</p>			
 <p>Games e.g. Monopoly, Scrabble, noughts and crosses, Uno, quizzes, chess, draughts, Connect 4, Bingo, Jenga</p>			
 <p>Cards e.g. patience, snap, Blackjack, Rummy, Poker</p>			

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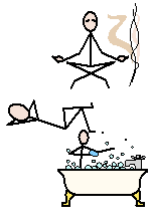

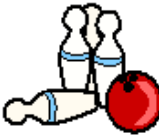
Date:

Activity	Yes ✓	No ✗	Details
 <p>TV/DVDs e.g. Films, series, soaps, comedy, relaxation, cooking, documentaries, news, reality TV, chat show, game shows, nature, science</p>			
 <p>Music e.g. Listen to music, sing, have a discussion about music, write your own song/rap, relax to music. Audio books.</p>			
 <p>Radio e.g. Listen to music, talk show, sport, news, drama show, quiz show, show about science and technology, have a discussion about what you listened to.</p>			
 <p>Gaming e.g. Gaming on your own, against each other, competitions, as a group</p>			
 <p>Books e.g. Read, listen to an audio book, talk about what you have read, have a reading group</p>			
 <p>Magazines/Comics e.g. Read, look at photos/pictures, discuss what you have read. Anything from the Library?</p>			

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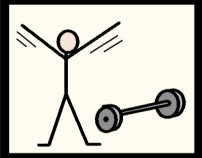
Date:

Activity	Yes ✓	No ✗	Details
 <p>Domestic e.g. Do your laundry, clean and tidy your room, clean and tidy the ward area, organise your room</p>			
 <p>Food e.g. prepare food, make supper, breakfast, drinks, snacks, meal planning, discuss food with each other, watch a cooking programme, read a cookery book</p>			
 <p>Self Care e.g. look after your appearance bubble bath, hair, nails, discuss self-care/fashion, watch a fashion programme, read a fashion magazine</p>			
 <p>Relaxation e.g. relax to music, listen to guided mediation/relaxation CD, mediate, breathing exercises, self soothe box, bubble bath, talk to others about how they relax, share ideas</p>			
 <p>Exercise e.g. Exercises in your room or together as a group on the ward, exercise DVD, stretches, yoga, indoor games, Xbox</p>			
 <p>Indoor games e.g. Bingo, skittles, hoopla, waste paper bin basketball</p>			

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 <p>Dance e.g. dance to music on TV/DVD/ radio, dancing game on games console, make up a dance, dance alone or with others</p>			
 <p>Education e.g. worksheets, listen to e or watch educational programme on radio or TV, play educational games</p>			
 <p>Planning e.g. Meal planning, organising your diary, planning TV viewing, plan activities</p>			
 <p>Faith/religion e.g. prayer, reading, discussion, listen on radio, meditate</p>			
 <p>Talk e.g. talk to staff, talk to each other, phone family/friends, have a 1:1, community meeting</p>			
 <p>Garden Access Walking in the garden, playing bas- ketball/football, gardening, feeding birds/ducks</p>			