

Appendix
C

A list of “*feel good*” activities/hobbies

Have a look at the list below of all sorts of different activities.

See which of the activities might be something that would interest you. Try to be open-minded and be willing to try something that may/may not be something you will enjoy.

- | | |
|---|---|
| <input type="checkbox"/> Acting | <input type="checkbox"/> Coin Collecting |
| <input type="checkbox"/> Animals/Pets | <input type="checkbox"/> Collecting |
| <input type="checkbox"/> Art | <input type="checkbox"/> Computer Programming |
| <input type="checkbox"/> Astronomy | <input type="checkbox"/> Cooking |
| <input type="checkbox"/> Backgammon | <input type="checkbox"/> Crafts |
| <input type="checkbox"/> Badminton | <input type="checkbox"/> Crocheting |
| <input type="checkbox"/> Baseball | <input type="checkbox"/> Cross-Stitch |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Crossword Puzzles |
| <input type="checkbox"/> Bead Work | <input type="checkbox"/> Cycling |
| <input type="checkbox"/> Board Games | <input type="checkbox"/> Debating |
| <input type="checkbox"/> Boating | <input type="checkbox"/> Dancing |
| <input type="checkbox"/> Bringing food to disabled people | <input type="checkbox"/> Digital Photography |
| <input type="checkbox"/> Building Dollhouses | <input type="checkbox"/> Dolls |
| <input type="checkbox"/> Butt on Collecting | <input type="checkbox"/> Dominoes |
| <input type="checkbox"/> Cake Decorating | <input type="checkbox"/> Drawing |
| <input type="checkbox"/> Calligraphy | <input type="checkbox"/> Electronics |
| <input type="checkbox"/> Camping | <input type="checkbox"/> Embroidery |
| <input type="checkbox"/> Candle Making | <input type="checkbox"/> Exercise (Aerobics, Weights) |
| <input type="checkbox"/> Canoeing | <input type="checkbox"/> Fishing |
| <input type="checkbox"/> Chess | <input type="checkbox"/> Football |



- | | |
|--|--|
| <input type="checkbox"/> Freshwater
Aquariums | <input type="checkbox"/> Mountain Climbing |
| <input type="checkbox"/> Games | <input type="checkbox"/> Musical Instruments |
| <input type="checkbox"/> Gardening | <input type="checkbox"/> Origami |
| <input type="checkbox"/> Genealogy | <input type="checkbox"/> Paintball |
| <input type="checkbox"/> Golf | <input type="checkbox"/> Painting |
| <input type="checkbox"/> Go-Kart Racing | <input type="checkbox"/> Paper Making |
| <input type="checkbox"/> Hiking | <input type="checkbox"/> Paper Mâché |
| <input type="checkbox"/> Home Repair | <input type="checkbox"/> Photography |
| <input type="checkbox"/> Hula Hooping | <input type="checkbox"/> Piano |
| <input type="checkbox"/> Jewellery Making | <input type="checkbox"/> Playing Music |
| <input type="checkbox"/> Jigsaw Puzzles | <input type="checkbox"/> Playing Team Sports |
| <input type="checkbox"/> Juggling | <input type="checkbox"/> Pottery |
| <input type="checkbox"/> Keeping a Journal | <input type="checkbox"/> Puppetry |
| <input type="checkbox"/> Kayaking | <input type="checkbox"/> Reading |
| <input type="checkbox"/> Kites | <input type="checkbox"/> Reading to Younger Children |
| <input type="checkbox"/> Knitting | <input type="checkbox"/> Relaxing |
| <input type="checkbox"/> Learning | <input type="checkbox"/> Running |
| <input type="checkbox"/> Learning a Foreign Language | <input type="checkbox"/> Saltwater Aquariums |
| <input type="checkbox"/> Learning an Instrument | <input type="checkbox"/> Scrapbooking |
| <input type="checkbox"/> Lego | <input type="checkbox"/> Scuba Diving |
| <input type="checkbox"/> Listening to Music | <input type="checkbox"/> Sewing |
| <input type="checkbox"/> Making Model Cars | <input type="checkbox"/> Shopping |
| <input type="checkbox"/> Matchstick Modelling | <input type="checkbox"/> Singing |
| <input type="checkbox"/> Model Rockets | <input type="checkbox"/> Singing in a Choir |
| <input type="checkbox"/> Modelling Ships | <input type="checkbox"/> Skateboarding |
| <input type="checkbox"/> Models | <input type="checkbox"/> Sketching |
| <input type="checkbox"/> Mountain Biking | <input type="checkbox"/> Soccer |

A list of “*feel good*” activities/hobbies

- | | |
|--|--|
| <input type="checkbox"/> Socialising with Friends/Neighbours | <input type="checkbox"/> Train Collecting |
| <input type="checkbox"/> Spending Time with Family | <input type="checkbox"/> Tutoring Younger Children |
| <input type="checkbox"/> Stamp Collecting | <input type="checkbox"/> Volunteering |
| <input type="checkbox"/> Storytelling | <input type="checkbox"/> Walking |
| <input type="checkbox"/> Swimming | <input type="checkbox"/> Woodworking |
| <input type="checkbox"/> Shul/Synagogue Activities | <input type="checkbox"/> Writing |
| <input type="checkbox"/> Tennis | <input type="checkbox"/> Writing Poems |
| <input type="checkbox"/> Toy Collecting | <input type="checkbox"/> Writing Songs |
| | <input type="checkbox"/> Yoyo |



We'd love to hear from you!

Finished this volume of Mastering Your Mind? Tried out any of the ideas? We'd love to hear from you!

TELL US:

- Which activities or tools helped you most?
- Any stories or examples from your own life you'd like to share?
- Something new you've discovered about yourself along the way
- Any questions or suggestions for future topics?

Your feedback and experiences help us keep Mastering Your Mind growing into a space where real teens can learn, share, and support each other.

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Thanks for being part of the Mastering Your Mind journey

