Leisure Self-Assessment

The people in my life:

My pets and their names:

Teacher name(s):

Communication

I communicate best with:

- ☐ Words
- ☐ Pictures
- ☐ Gestures (e.g., pointing, waving, nodding my head)
- ☐ Sign language
- ☐ A combination of words and gestures or pictures

Some important words or gestures I use are:

My Social Skills and Needs

1. When I am around new people:
   - ☐ I am shy or afraid
   - ☐ I am curious to meet them

2. I prefer to participate in leisure activities:
   - ☐ All by myself
   - ☐ With one friend
   - ☐ With several friends

3. I am good at sharing and taking turns:
   - ☐ Never
   - ☐ Sometimes
   - ☐ Most of the time

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Favorite and Not-So-Favorite Activities

These are things I enjoy doing in my free time:

☐ Video games	Favorite:
☐ Art	Favorite (e.g., painting, coloring, pottery):
☐ Reading	Favorite (e.g., fiction, historical, romance):
☐ Being outside	Favorite things to do outside:
☐ Baking/cooking	Favorite foods to bake or cook:
☐ Physical activities	Favorite (e.g., bike riding, running, soccer):
☐ Other	Favorite:

I don't like to:

Why I do not like the activities listed above:

Things that comfort me when I'm upset are:

Special Equipment and Supplies

I use:

1. Mobility devices
   - ☐ Wheelchair
   - ☐ Walker
   - ☐ Seating devices
   - ☐ Other _____
2. Feeding equipment
   - ☐ Plate/suction
   - ☐ Adapted cup
   - ☐ Adapted spoon
3. Auditory aids
   - ☐ Amplification system
   - ☐ Hearing aids
     - ☐ Right ear ☐ Left ear
4. Visual aids
   - ☐ Large print
   - ☐ Glasses

Ways these equipment and supplies can affect my leisure involvement:

Sensory Needs and Preferences

What sensory input affects me:

- ☐ Lights
- ☐ Sounds
- ☐ Smells
- ☐ Textures
- ☐ Other

Ways these sensory needs and preferences can affect my leisure involvement:

Think about your typical daily schedule and list when you may be able to add in leisure activities throughout your day and week:

*This resource was developed by TRIAD consultants and was made available at no cost through the Tennessee Department of Education, Tennessee Technical Assistance Network. Visit the TRIAD website (triad.vumc.org/schools).