

Leisure, Interests, Sports Through the Senses (LISTS)

Leisure, Interests and Sports are divided into sections based on your senses and whether you prefer Indoor or Outdoor Activities. (no need to do every section –pick your interests)

LISTS - More information

LISTS are divided into sections based on your senses. This includes sound, sight, taste, smell, touch and your body feeling relaxed, pressure, movement or thrilled.

- If you seek or avoid particular senses then you could select a list based on those preferences.
- If you prefer primarily indoor or primarily outdoor interests, then select those lists.
- The last pages assist you to identify what might assist you to start or join in on your interests.

Hopefully you will find something that sparks your interest.

Do you like.....

Indoor Activities	Pages	3, 4, 6, 7, 10, 11, 12
Outdoor Activities	Pages	2, 4, 5, 8, 9, 10, 11, 12

Visual, observation, watching	Page	2, 3
Music, quiet or loud sounds	Page	7, 8
Texture, touch, doing things with your hands	Page	11
Relaxing, focused or meditative activities	Page	4
Heavy work, deep pressure	Page	12
Movement or sports	Page	5, 6
Thrill seeking	Page	9
Taste and smell	Page	10
Messy, getting your hands dirty	Page	12

What may help you to join in?	Page	13
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Leisure, Interests, Sports Through the Senses (LISTS)

Leisure, Interests and Sports are divided into sections based on your senses and whether you prefer Indoor or Outdoor Activities. (no need to do every section –pick your interests)

Visual Outdoors	I have done this before	Interested in this
Photography		
Train Spotting		
Bird Watching		
Walking		
Reading		
Book Clubs		
Gardening		
Geocaching		
Outdoor art		
Yarn Bombing		
Cloud spotting		
Snorkeling		
Insect Identification		

Visual Outdoors	I have done this before	Interested in this
Coin, bottles		
Sculpture		
Kites		
Astronomy		
Watching sport		
Fossicking		
Whale watching		
Historical sites		
Construction viewing		
People watching		
Window shopping		
Snorkeling		
Remote control cars or boats		

Leisure, Interests, Sports Through the Senses (LISTS) page 3

Visual Indoors	I have done this before	Interested in this
Puzzles, mazes		
Magazines, comics		
Movies – on VD		
Movies		
Mahjong, cards		
Scrapbooking		
Crosswords, Sudoku		
Lead Lighting		
Stamp Collecting		
Model trains		
Lego, Meccano		
Computers, social media, websites		
Photography		
Board games		

Visual Indoors	I have done this before	Interested in this
Drawing, art		
Writing poetry		
Computer games		
Card games		
Reading		
Art galleries		
Model planes		
Origami		
Where’s wally		
Aquariums, Fish, Sea Monkeys		
Antiques		
Jewelry		
Decoupage		
Sewing, quilting		

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Relaxing, Meditative Indoors	I have done this before	Interested in this
Yoga		
Meditation		
Qui gong		
Pilates		
Exercises eg pushups		
Gym equipment		
Tai Chi		
Taekwondo		
Knitting		
Fitness DVDs		
Dancing		
Aerobics		
Hula Hoops		
Music		

Relaxing, Meditative Outdoors	I have done this before	Interested in this
Walking		
Gardening		
Yoga, Pilates		
Exercise in the park		
Jogging, running		
Meditation		
Skipping rope		
Circus eg trapeze		
Tai chi		
Qigong		
Surfing		
Swimming		
Music, Dancing		
Fire Twirling		

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Movement Outdoors -by your self	I have done this before	Interested in this
Cycling, BMX bikes		
Skipping rope		
Golf		
Exercises in park		
Bouldering		
Roller skating, blading		
Weights		
Running, jogging		
Archery		
Canoeing, Kayak		
Swim, Dive		
Frisbee		
Four wheel driving		
Dancing with dogs		

Movement Outdoors- with others	I have done this before	Interested in this
Trapeze, slackrope		
Beach volleyball		
Basketball, Netball		
Badminton		
Tennis		
Cricket		
Hockey,		
Touch Football, rugby		
Quiddich		
Frisbee Ultimate		
Lawn bowls, bouche		
Water Polo		
Jousting		
Fire Twirling		

Leisure, Interests, Sports Through the Senses (LISTS) page 6

Movement Indoors -by your self	I have done this before	Interested in this
Wii		
Skipping rope		
Yoga, Pilates		
Exercises, eg pushups		
Fitness DVDS		
Zumba		
Dancing		
Juggling		
Darts		
Pull up bar		
Hula Hoops		
Basketball		
Gym Machines		
Weights		
Treadmill		

Movement Indoors - with others	I have done this before	Interested in this
Indoor Rock Climbing		
Gymnastics, circus		
Ice Hockey		
Ice Skating, Roller Skating		
Tenpin Bowls		
Indoor Volleyball		
Indoor Cricket		
Playing pool, snooker		
Fencing		
Handball		
Darts		
Dancing		
Judo		
Squash		
Indoor Netball		

Leisure, Interests, Sports Through the Senses (LISTS) page 7

Sound Indoors	I have done this before	Interested in this
Playing Musical Instrument		
Playing Recorded music or radio		
Computer games		
Choir, Band, singing, chanting		
Model cars		
Playing with children		
Hanging out with friends		
Dancing		
Audio books		
Bingo		
Leatherwork		
Rock tumbling		
Absolute silence		
Book clubs		

Sound Indoors	I have done this before	Interested in this
TV, DVDs		
Speed dating		
Zumba		
Poetry and Story Telling		
Hip Hop Dance		
Bollywood dance		
Flamenco Dance		
Latin Dance		
Tap Dance		
Ballroom Dance		
Break Dance		
Line Dancing		
Ballet		
Other Dance		

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Sound Outdoors	I have done this before	Interested in this
Outdoor bands		
Outdoor choirs		
Dance		
Watching sport		
Bird spotting		
Bush Walking		
Using gardening tools, eg mowing, chainsaw		
Using cleaning tools eg blower vac		
Visiting dog parks		
Woodworking		
Metal work		
Building		
Yodeling		
Frog spotting		

Sound Outdoors	I have done this before	Interested in this
Speedway		
Go carts		
Boating		
Surfing		
Poetry performances		
Festivals		
Horse riding		
Roller coasters. Fun parks		
Capoeira (dance/martial art)		
Medieval cannons		
Animal care		
Hot rods and vintage		
Plane, train spotting		
Four wheel driving		

Leisure, Interests, Sports Through the Senses (LISTS) page 9

Thrill seeking	I have done this before	Interested in this
Fire Twirling		
Bungee jumping		
Roller coasters, fun park rides		
Skateboards		
Rock climbing		
Mountain biking		
Jet skiing		
Car Racing		
Motor biking		
Scuba diving		
Abseiling		
Spear fishing		
Skiing, snowboarding		
Scary movies		

Thrill seeking	I have done this before	Interested in this
Diving		
Spelunking (caves)		
Making rockets		
Skydiving		
Hang gliding, parachuting		
White water rafting		
Tobogganing		
Sailing		
Jousting		
Skirmish		
Zorbing		
Tightrope, slackrope		
Canyoning		
Trapeze		

Leisure, **I**nterests, **S**ports **T**hrough the **S**enses **(LISTS)** page 10

Taste and Smell Indoors	I have done this before	Interested in this
Cooking		
Baking bread		
Indoor garden eg herbs		
Scent jars, monclin, vials,		
Oil burners		
Candle making		
Soap making		
Perfume making		
Aromatic baths		
Brewing beer		
Cooking curries		
Crafts eg pot pourri, lavender bags		
Massage with oils		
Church, mosque, temple		
Batik		

Taste and Smell Outdoors	I have done this before	Interested in this
Eating out		
Wine tasting		
Mindful tasting or smelling		
Swimming in pools or ocean		
Visiting scented gardens		
Community gardens		
Gardening		
Smells of nature		
Herb society		
Oil painting		
Pressing flowers		
Cheese tasting		
Growing herbs		
Smelling flowers		
Shopping for body products or perfume		

Leisure, **I**nterests, **S**ports **T**hrough the **S**enses **(LISTS)** page 11

Texture, touch outdoors	I have done this before	Interested in this
Weaving		
Basket Making		
Knitting		
Poetry		
Macramé		
Sewing		
Building		
Caring for pets		
Yarn bombing		
Caring for wildlife eg injured		
Carving		
Bark art		
Curbside collection fossicking		
Sandcastle, stone sculptures		
Mud bricks, pizza ovens		

Texture, touch indoors	I have done this before	Interested in this
Paper making		
Felting		
Knitting, crochet		
Animation, clay		
Macramé		
Sewing		
Quilting		
Restoring furniture		
Jewelry making		
Origami		
Lead light		
Embroidery		
Weaving		
Pottery, ceramics		
Bread Making		

Leisure, **I**nterests, **S**ports **T**hrough the **S**enses **(LISTS)** page 12

Messy – getting your hands dirty	I have done this before	Interested in this
Clay		
Gardening		
Bush regeneration		
Bread making		
Mud wrestling		
Ceramics		
Sculpture eg sand, stone		
Building, woodwork		
Baking		
Painting		
Batik		
Mechanics		
Mosaics		
Leatherwork		
Camp fires		
Caring for animals		

Heavy work, deep pressure	I have done this before	Interested in this
Wakeboarding		
Rock climbing		
Gardening		
Rugby		
Weight lifting		
Kick boxing, judo		
Medieval tournaments		
Jousting		
Digging for bottles, coins		
Bouldering		
Metal detecting		
Team sports		
Roller derby		
Fencing		
Gymnastics		
Wood chopping (including comps)		

My top activities, sports or leisure ideas are:

To participate in the leisure, Interest and Sports I would need to: (Tick the Box)

Have/save more money	
Increase confidence being around other people	
Be confident with catching public transport	
Be confident with driving	
Have someone to go with	
Know where to get the equipment, or Have the equipment	
Feel Happier or more motivated	
Be confident with talking with other people	
Keep the noise levels down	
Be less paranoid	
Know that it was on the right time of day eg early morning, late afternoon, night	
Know where the toilets are	
Know there are people similar to me. What sort of similarity?	
Find the time	
Understand the activity eg rules of the game	
Tolerate the feeling of the uniform	
Lose Weight	
Reduce drug or alcohol use	
Have the kids looked after.	

Notes:

Book:	Sensory Modulation Resource Manual:	Paperback: Book Depository	Ebook: Amazon
Online Training:	Courserebel.com/SensoryModulationBNE	Other training on: sensory-modulation-Brisbane.com	
Contacts:	Sensorymodulationb@gmail.com	sensory-modulation-Brisbane.com	
Media:	Facebook.com/sensorymod	Insta: sensorymodulationbrisbane	