



## Interests and Hobbies Activity

**Supplies needed:** Small sticky notes – enough for at least 10 notes per participant. Flip Chart paper for the wall.

### Instructions:

Hand out a pad of sticky notes to each participant (at least 10 for each). Ask participants to think about what they like to do – and could do – all day long – all the time. Ask them to jot those ideas and include their name on each of the sticky notes provided. One idea per sticky note provided.

When participants have completed their sticky notes (If they have more than 10 ideas, make sure they have additional notes to jot ideas on), have them post them on the flip chart paper on the wall that most closely resembles their idea. Have some titles already on the flip charts such as:

Entertainment (Example – Like to read, watch TV, movies etc.)

Services (Example – Repair things, yard work, baby sitting etc.)

Retail -- (Example – Shopping etc.)

Environment (Example – work with green issues, recycle, etc.)

Recreation (Example – Bike, Hike, Play ball etc.)

Miscellaneous -- Anything that doesn't seem to fit into categories already identified.

When everyone has posted their sticky notes, divide participants into groups – one group for each poster. Have participants “chain” the ideas on the poster – putting like ideas together to form a chain of sticky notes on the flip chart paper. The group assigned to the “Miscellaneous” poster should review the sticky notes to see if they might fit on one of the pre-titled posters. Once all sticky notes have been chained, have a representative from each group report to the whole group as to what “chains” they found.

