



CLASS 6| START SOMETHING NEW WORKSHEET

Brain-Healthy Activities

DIRECTIONS: Use this list to help you think about what kind of new brain-healthy activities you would like to try.

Crocheting

Gardening

Learning an Instrument

Reading Classic Books

Photography

Painting

Drawing

Cooking

Baking

Scrapbooking

Stargazing

Bird Watching

Jogging

Sewing

Playing Chess

Bowling

Travelling

Playing Card Games

Scrabble

Calligraphy

Genealogy

Woodworking

Pottery

Glass Blowing

Taking Classes

Hiking

Ballroom Dancing

Starting a Collection

Learning a New Language

Making a Podcast

Starting a Blog

Joining a Singing Group

Becoming a Reading Tutor

Playing an Online Game

Writing Poetry

Knitting

Needlepoint

Embroidery

Woodworking

Line Dancing

Yoga

Tai Chi

Other: _____

Other: _____