**Activities I could do in my free time**

|  |  |
| --- | --- |
| **Some examples** | **You can write or draw activities you would like to do here** |
|  | dance |  |
|  | art |  |
|  | listen to music |  |

**Activities I could do in my free time**

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This planning sheet is part of a series of easy read resources explaining

* how people can access public mental health services in New South Wales and
* what they can expect.

For information on how to support people to use easy read see [**Making mental health information accessible for people with intellectual disability****– A Toolkit**](https://www.3dn.unsw.edu.au/sites/default/files/documents/3DN_AccessibleInformation_Toolkit_ERv1.pdf)

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