

About your free time activities

86 survey responses from looked after children and young people aged 5-19

Girls want to try lifetime activities
E.g. swimming, cycling, running, dance



Sport is the most popular free time activity

How you spend your free time

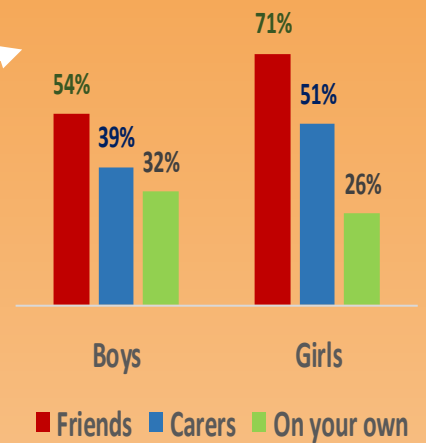
69%  & 61%  take part in sports during their free time

Boys want to try adventure activities



You said doing different activities will help you develop **confidence** make you feel **stronger**, and build **self esteem**

Who you spend it with?



Activities and your happiness



Building **friendships** through activities would make you **happier**

Staying active and eating better makes you **happier**

Why do you stop activities - top 3 responses:

1. You get bored...
2. Didn't like the activity in the first place...
3. Lack of money for activities...