# Activity Benefits

| Activity | How did this activity make you feel before?<br><br>Rate 0-10 Bad-Good | How did this activity make you feel after?<br><br>Rate 0-10 Bad-Good | Did this activity bring you fun, pleasure or enjoyment?<br>Rate 0-10 Low to High | Did this activity bring you a sense of achievement, pride or learning?<br>Rate 0-10 Low to High | Did this activity bring you a sense of closeness, connection or belonging?<br>Rate 0-10 Low to High |
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