

# Assessment & Portfolio Guide

## Lesson 5: Use Convenient Resources to Get Information About Free-Time Activities

 How do you find information about movies in the newspaper?

 Add your completed **Fun Activity Report** to your *Transition Portfolio*.

## Lesson 6: Write a Report on an Enjoyable Free-Time Activity


 What is your favorite fun activity? Why?

## Lesson 7: Learn the Benefits of Regular Physical Exercise


 Why is it important to have regular physical activity?

## Lesson 8: Participate in a Two-Week Physical Exercise Program


 What physical activity do you enjoy on a regular basis?

 Add your completed **Physical Activity Report** to your *Transition Portfolio*.

## Lesson 9: Develop Employability Skills by Learning a New Hobby

 Why is it important to spend time on hobbies that teach a new skill or produce something?

## Lesson 10: Choose a Hobby or Special-Interest Free-Time Activity

 What is your hobby? How do you feel after you have completed a product or learned something new?

 Add your completed **Hobby Activity Report** to your *Transition Portfolio*.