

# Alone or with Others

It is important that we have a variety of free-time activities like those in the four groups below. In addition, we need to have activities that we do with others, as well as alone. Spending time with others lets us socialize and learn to get along. Spending time alone helps us learn to rely upon ourselves. Both types of activities give us a chance for personal growth.



## Fun & Play Activities

### **With Others**

- go to the mall
- go to a party
- go out to eat
- hang out with friends

### **Alone**

- go to the movies
- watch TV
- listen to music
- play video games



## Exercise & Physical Activities

### **With Others**

- team sports
- skateboard
- aerobic class
- rollerblade

### **Alone**

- ride a bike
- walk/jog
- swim
- lift weights

## Learning & Productive Activities

### **With Others**

- play instrument in band
- plant & care for garden
- work on car
- take art class

### **Alone**

- read books
- collect favorite item
- sew or do crafts
- build models

## Quiet Time & Reflection

### **With Others**

- watch inspirational shows
- talk about personal growth
- join youth group
- attend church services

### **Alone**

- keep a journal
- listen to inspirational speakers
- read biographies
- spend time in nature