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Select a Free-Time Activity from Four Categories

TRANSITION OBJECTIVE

Students will study four categories involving free-time activities and learn how these activities can benefit their lives.

RELEVANCE TO SUCCESSFUL TRANSITION

It has been found that happy, successful people usually spend their free time in one of four ways: physical activities, quiet time, fun and learning. Structuring free time around these activities can begin while still in school.

INSTRUCTIONAL SEQUENCE

❑ STEP 1: Update Journal

Free time is useful to me when . . .

❑ STEP 2: Convene Roundtable

"One free time activity I enjoy is ____."

❑ STEP 3: Advance Organizer

"Today you will learn about four types of activities that you can enjoy in your free time."

❑ STEP 4: Activity - 20 Minutes

Remind students that there are a variety of free time activities. Since it is impossible to be involved in everything, we all choose the things we like most. Go over the handout **Four Ways to Spend Your Time**. Discuss and further clarify the four categories.

Create columns on the board for the four categories. Have each group present their display from the previous lesson and determine the appropriate category for each activity. As the students describe and categorize their activities, write them in the appropriate columns on the board. Give positive feedback and encouraging comments to each student.

❑ STEP 5: Activity - 25 Minutes

While students look at their list of free-time activities from the handout **Free Time** (Lesson 1), ask them to add any they may have left

out. Next, have students work with a partner to add these activities to the four columns on the board. Ask students to raise their hands if they had listed free time activities in all four categories. Now, call for a show of hands for those who listed activities in three categories, two categories and one category. Encourage them to participate in a variety of free time activities throughout their lives.

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LIFE MANAGEMENT: Unit 2
LESSON 3

Four Ways to Spend Your Time

Today, we have more free time than our ancestors did. After working, taking care of ourselves, our families and homes and eating and sleeping the average person has three or four hours of free time each day. Listed below are four ways we can spend our time. Almost all free time activities will fall into one of these categories. People who have successful and fulfilling lives have learned to plan and participate in activities in each of these areas.

Fun & Play Activities

- listen to music
- go to a party
- watch TV
- go out to eat
- email friends

- go to the movies
- hang out with friends
- play video games
- go to the mall
- text message friends

Exercise & Physical Activities

- team sports
- ride a bike
- swim
- lift weights
- surf

- skateboard
- rollerblade or ice skate
- aerobic exercise
- walk/run
- dance

Learning & Productive Activities

- read books
- work on cars
- build models
- draw or paint
- take lessons

- plant & care for a garden
- sew or do crafts
- play an instrument
- collect a favorite item
- use Internet for information

Quiet Time & Reflection

- keep a journal
- listen to music
- reflect on each day
- attend church services

- watch inspirational shows/movies
- listen to inspirational speakers
- think about personal growth
- spend time in nature

❑ STEP 6: Evaluate Outcomes

I have a free time activity in the "____" category."

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□ STEP 7: Connecting Activity

Go online to learn more about a different free time activity. Bring the information and pictures to class.

KEY WORDS

physical**reflection****childlike****expanding**

MATERIALS AND PREPARATION

- Student Handouts: **Four Ways to Spend Your Time**, page 59; **Free Time**, page 57.
- Prepare to talk about the four free time categories.
- Prepare personal examples. Prepare to use the handout **Free Time**, from Lesson 1.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Reading, Writing, Speaking
- Thinking Skills: Decision Making, Reasoning
- Personal Qualities: Self-Esteem, Sociability, Self-Management