

# Assessment & Portfolio Guide

## Lesson 1: Determine How You Use Your Free Time



How much free time do you have?



Name your two favorite free time activities.

## Lesson 2: Recognize the Qualities of an Enjoyable Leisure Activity



Why is it important to have an activity that you really love to do?

## Lesson 3: Select a Free-Time Activity from Four Categories



Why is it important to have free time activities in all four categories: fun, physical, learning and quiet-time?

## Lesson 4: Know Your Preferences for Working Alone or with Others



What are the advantages and disadvantages of living with people?



What does music add to our free time activities?