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Recognize the Qualities of an Enjoyable Leisure Activity

TRANSITION OBJECTIVE

Students will learn the qualities of an enjoyable leisure activity.

RELEVANCE TO SUCCESSFUL TRANSITION

Today, Americans have more leisure time than they did fifty years ago. It is important to learn how to spend some of our leisure time on activities that are enjoyable.

INSTRUCTIONAL SEQUENCE

☐ STEP 1: Update Journal

Leisure time activities will . . .

☐ STEP 2: Convene Roundtable

"The way I use my free time is ____."

☐ STEP 3: Advance Organizer

"Today you will learn one of the benefits of leisure activities."

☐ STEP 4: Activity - 25 Minutes

Review the concept of leisure time. Ask students to name several ways they spend their free time. Using art materials, students work in groups of three to make a display showing ways people enjoy spending their free time. Each group selects its materials and works 20 minutes to complete the activity. Set up a lively atmosphere by playing enjoyable music. Encourage students to relax and concentrate on this activity as you circulate through the class reinforcing their efforts. Turn off the music at the end of the 20 minutes.

Ask students to answer the following questions using thumbs up or down: "Did you understand what you were asked to do? Did you feel relaxed and focused during the activity? Did you lose track of time? Did you feel that you would be able to complete the activity? Could you see that you were making progress?"

☐ STEP 5: Activity - 20 Minutes

Tell students, "Participating in leisure activities makes us happy. People who have studied the feeling of happiness tell us that we have good feelings when we are doing something we: know how to do, want to do and are making progress along the way. A leisure time activity is usually something on which we can focus and forget the time. Ask: Did you feel any of these things when you were working on the poster?" "Do you have a hobby or leisure time activity that you enjoy and look forward to doing? What is it?" Discuss and clarify.

Have students take turns reading the handout **Time Flies When You're Having Fun** then answer the questions at the end. While examining the seven vignettes, encourage students to notice any of the feelings of happiness described above. Ask them to share their answers to the three questions.

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LIFE MANAGEMENT: Unit 2 LESSON 2

Time Flies When You're Having Fun!

Story 1 Yesterday I was playing basketball with three of my friends. I noticed it was getting dark. I looked at my watch. We had been playing for two hours. The score had been close throughout the game. I was making great shots and felt like I was in the NBA. We were all trying to out-do each other with our slam dunks. I was full of energy and wanted to keep playing. I was sorry when my friends had to go. We agreed to meet the next day for another game.

Story 2 I started ceramics class when I was a freshman. My teacher told me I had talent and should take the class again. I really liked the class and took it again as a sophomore. Now, I'm a junior and one of the top students in the class.

The year I finally feel ready to enter one of my pieces in the art fair. It is a tall vase. I have been shaping it for several months. The first two attempts blew up in the oven. The third one was successful. When I start to work on it, I lose all track of time.

I've been spending hours on it after school. I work on it in the classroom. One night I lost track of time. The janitor came in at 10:00 pm and told me he was closing up. My parents were really upset at me for not calling. It made me realize how much I love ceramics.

Story 3 I spend every minute I can on my skateboard. I started skating when I was four, when I got my first board. My board has the best wheels and deck. I started skating on ramps and pipes when I was six. But, street skating is my favorite because I can skate anytime. All my friends tell me that my Ollie is the best. I can do all kinds of kickflips.

I've won a few local competitions and I keep getting better. I am really excited that skateboarding is now in the Olympics. My new goal is to be an Olympic skater so I spend all of my free time on my board. Sometimes I work a trick for hours and lose track of time. Skateboarding is the first thing I think of when I wake up and before I go to sleep.

1. Why do these teenagers love what they do?
2. What is the same about each of the characters?
3. Why does time go so fast when they are working on their hobby?

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❑ STEP 7: Evaluate Outcomes

One benefit of spending your free time on activities you love is “_____.”

❑ STEP 8: Connecting Activity

Try a leisure activity that is new to you, then be ready to make a two minute presentation to the class about the new activity.

KEY WORDS

benefit

relax

challenge

grow

leisure

MATERIALS AND PREPARATION

- Student Handout: **Time Flies When You're Having Fun**, page 58.
- Provide a selection of music to play during class. Have art materials ready, including poster board, magazines, paper of various colors and textures, cloth, yarn, buttons, markers and poster paint.
- Prepare to discuss leisure activities.

SCANS FOUNDATION SKILLS

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