

Learning About Leisure through ACTIVITIES



By

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Learning About Leisure through ACTIVITIES

Learning Objectives

- L-1 To understand leisure
- L-2 To have participant identify personal benefits he or she gains from leisure
- L-3 To identify different types of leisure activities
- L-4 To increase familiarization of leisure related vocabulary
- L-5 To increase familiarization of leisure related vocabulary
- L-6 To identify different types of leisure activities
- L-7 To identify leisure activities
- L-8 To identify personal leisure interests
- L-9 To be aware of community leisure resources
- L-10 To be aware of your leisure time
- L-11 To be aware of the benefits of leisure
- L-12 To identify areas that a person needs to engage in order to be complete
- L-13 To identify consequences of not balancing work and leisure
- L-14 To demonstrate awareness of leisure activities
- L-15 To identify calming leisure activities
- L-16 To identify leisure activities to be done as alternatives to harmful activities
- L-17 To identify personal values pertaining to leisure
- L-18 To identify the benefits of participating in leisure activities versus the consequences of not participating
- L-19 To make a commitment to participate in leisure activity
- L-20 To demonstrate understanding of leisure

Activity L-1: Introduction to Leisure Skills

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
Objective: To understand leisure	1. What does it mean to “act in compelling love?”
Supplies: Copy of activity found on next page for each participant.	2. What does freedom from environment mean?
Group Size: 2 to 10 participants	3. How is leisure described?
Introduction: The purpose of this handout is to introduce definitions of leisure, to identify the different types of leisure activities, and to describe benefits of leisure.	4. What is your personal definition of leisure?
Process: Explain purpose of activity. Pass out handout. Randomly select participants to read sections aloud.	5. Give one example for each type of leisure activity listed on the page.
	6. Are you able to think of other types of leisure activities?



Name: _____ Date: _____ Activity: L-1

Introduction to Leisure Skills

Once you have read this lesson you will be able to:

- Understand leisure
- Know different types of leisure activities
- Have awareness of the benefits of leisure

What is leisure?

According to Geoffrey Godbey, “leisure is... freedom from [the environment] to act from compelling love in ways which are personally pleasing, intuitively worthwhile and provide a basis for faith.” (Godbey, 1985).

Leisure is often defined by time and activity:

- Time: *free time for enjoyment*
- Activity: *recreation activities.*
(DeGraff, D., Debra, J., and DeGraaf, K., 1999)

Leisure is often viewed as freely choosing to do activities after responsibilities are completed. These activities are enjoyable, pleasing, and relaxing that are done during time that is not meant for other jobs. (McGuire, F., Boyd, R., and Raymond, T., 1996).

What are the different types of leisure activities?

- Social: *Activities done with other people*
- Creative: *Activities, where a person makes or creates something*
- Physical: *Activities that require body movement*
- Cognitive: *Activities that require a person to think*
- Relaxation: *Activities, where a person does to feel calm*
- Spiritual: *Activities, where a person submits to a higher power*

What can leisure do for a person?

Leisure offers many benefits to participants. The primary benefits include:

- Improved health
- Improved social relationships
- Improved physical fitness
- Improved mental health
- Increased life satisfaction and enjoyment (and)
- Personal development and growth.

Activity L-2: Leisure Skills Checklist

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To have participant identify the personal benefits he or she gains from participating in leisure activities.</p> <p>Supplies: Copies of activity found on next two pages and one pencil for each participant.</p> <p>Group Size: 2 to 10 participants</p> <p>Purpose: The purpose of this activity is to have participants increase their awareness of what they gain from leisure.</p> <p>Process: Explain purpose of activity. Pass out supplies. Require participant's to check the appropriate answer for each statement. Remind participants to be honest based on his or her life experiences. Explain to participants that they should not check "always" if they do not feel that the statement reflects his or her.</p>	<ol style="list-style-type: none">1. Do you agree with the results of your leisure skills checklist?2. Explain how leisure can be social.3. Explain how leisure can be relaxing.4. Explain how leisure can be physical.5. Explain how leisure can be intellectual.6. Explain how leisure can improve health.7. Explain how leisure can help a person to feel positive.8. Explain how leisure can help a person feel adventurous.9. What would the world be like if people did not experience leisure?10. What did you learn about yourself from this checklist?11. How can you improve your life based on what you learned from this checklist?12. Which areas of your life would you like to improve?

SPECIAL CONSIDERATIONS

- Allow use of colored pencils for creativity.
- Provide one-on-one assistance with participants as needed.

Name: _____ Date: _____ Activity: L-2

Leisure Skills Checklist

Directions: Place a checkmark in the column to identify your answer. Be honest.

Statement about Leisure	Always	Some	Never
1. Leisure helps me to stay well			
2. Leisure helps me to cope with stress			
3. Leisure helps me to cope with anger			
4. Leisure helps me to feel positive			
5. Leisure helps me cope with anxiety			
6. Leisure makes me feel confident			
7. Leisure makes me feel in control of my life.			
8. Leisure improves my thinking skills			
9. Leisure requires me to be responsible			
10. Leisure helps me to appreciate nature			
11. Leisure helps me to be a leader			
12. Leisure helps me to be creative			
13. Leisure helps me to have adventure			
14. Leisure helps me to be spiritual			
15. Leisure makes me feel free			
16. Leisure probably prevents diseases			
17. Leisure probably improves my health			
18. Leisure improves my physical strength			
19. Leisure probably could prevent a stroke			
20. Leisure probably improves my breathing			
21. Leisure helps me cope with pain			
22. Leisure helps me to lose weight			
23. Leisure improves my relationships			
24. Leisure helps me to bond with my family.			
25. Leisure helps me to have friendships			
26. Leisure helps me to get along with others			
27. Leisure helps me to appreciate life			
28. Leisure helps me to feel important			
29. Leisure helps me to have fun			
30. Leisure helps me to stay occupied			
31. Leisure keeps me off streets/ out of gangs			
32. Leisure helps me to feel peace			
33. Leisure provides entertainment for me			
34. Leisure increases my time spent outdoors			
35. Leisure is beneficial to my overall life			

Scoring: Score 2 points for always, score 1 point for some, score 0 points for never

Total Score: _____

Activity L-2
Continued

Leisure Skills Checklist

TOTAL SCORE

Under 13	You strongly do not believe that leisure is helping you or you do not participate in many leisure activities.
14 – 27	You think leisure is not helping you or you are not actively participating in many leisure activities.
28 – 41	You are undecided about leisure in your life.
42 – 55	You believe you receive benefits from your leisure
56 – 70	You strongly believe that you receive many benefits from your leisure.

- If you checked “Always” on statements 23, 24, 25, 26, and 27 then you view leisure as being social. You probably participate in activities with other people.
- If you checked “Always” on statements 2, 3, and 5 then you view leisure as relaxation. You probably participate in activities that help you to relax.
- If you checked “Always” on statements 1, 16, 17, 19, and 20 then you view your leisure to be a way to keep you healthy. You probably participate in activities that help to keep you fit and well.
- If you checked “Always” on statements 4, 6, 28, and 29 then you view your leisure as being a positive experience. You probably participate in activities that make you feel good about life and living.
- If you checked “Always” on statement 13 then your leisure helps you to be free and adventurous. You probably participate in activities that require an element of risk.
- If you checked “Always” on statement 8 then you view your leisure as being intellectual. You probably participate in activities that require concentration.
- If you checked “Always” on statements 10 and 34 then you view leisure as a way to appreciate nature and the outdoors.

Activity L-3: Leisure Skills Secret Code Activity

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To identify different types of leisure activities</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 participants</p> <p>Introduction: The purpose of this activity is to increase awareness of different types of leisure activities.</p> <p>Process: Explain purpose of activity. Explain directions as described on the next page. Pass out supplies.</p>	<ol style="list-style-type: none">1. What was the purpose of this activity?2. Which type of activities do you prefer most out of the seven answers on the worksheet?3. What are the benefits of each type of activity?4. Where could you go to do each of these seven types of activities?5. Where could you go to learn about each of these seven different activities?6. Name a person who could help you learn about each of these 7 different activities. <i>Naturally, this could prompt seven different individuals.</i>

SPECIAL CONSIDERATIONS	ANSWERS
<ul style="list-style-type: none">• Allow use of colored pencils for creativity.• Provide one-on-one assistance with participants as needed.	<ol style="list-style-type: none">1. Dances2. Arts and Crafts3. Social Interaction4. Drama5. Physical Fitness6. Cognitive Activities7. Outdoor Activities

Name: _____ Date: _____ Activity: L-3

Leisure Skills Secret Code Activity

Directions: Write the letter for each number to solve the answer.

1	2	3	4	5	6	7	8	9	10	11	12	13
A	B	C	D	E	F	G	H	I	J	K	L	M

14	15	16	17	18	19	20	21	22	23	24	25	26
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

1. Folk, ballet, tap, modern, and hip hop are all types of:

 4 - 1 - 14 - 3 - 5 - 19

2. Photography, painting, weaving, and making things are all types of:

_____ _____ _____
 1 - 18 - 20 - 19 1 - 14 - 4 3 - 18 - 1 - 6 - 20 - 19

3. Parties, board games, picnics and discussions are all types of:

_____ _____
 19 - 15 - 3 - 9 - 1 - 12 1 - 3 - 20 - 9 - 22 - 9 - 20 - 9 - 5 - 19

4. Films, movies, storytelling, plays, and role plays are all types of:

 4 - 18 - 1 - 13 - 1

5. Tennis, golf, basketball, volleyball and football are all types of:

_____ _____
 16 - 8 - 25 - 19 - 9 - 3 - 1 - 12 6 - 9 - 20 - 14 - 5 - 19 - 19

6. Writing, reading, and visiting museums are all types of:

_____ _____
 3 - 15 - 7 - 14 - 9 - 20 - 9 - 22 - 5 1 - 3 - 20 - 9 - 22 - 9 - 20 - 9 - 5 - 19

7. Camping, hiking, rock climbing, snowboarding, and skiing are all:

_____ _____
 15 - 21 - 20 - 4 - 15 - 15 - 18 1 - 3 - 20 - 9 - 22 - 9 - 20 - 9 - 5 - 19

Activity L-4: Leisure Skills Word Search Puzzle

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To increase familiarization with leisure related vocabulary</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 participants</p> <p>Introduction: The purpose of this activity is to increase awareness of words that are related to leisure.</p> <p>Process: Explain purpose of activity. Pass out supplies. Explain the directions as described on the next page.</p>	<ol style="list-style-type: none">1. What was the purpose of this activity?2. What are your personal hobbies?3. What is meaningful in your life?4. Where would you like to visit for a vacation?5. What activities do you find relaxing?6. When do you have free time?7. What community activities are available in your hometown?8. Where could you go to learn about new hobbies?9. Where is the nearest park?10. What activities can you do that are relatively free?

SPECIAL CONSIDERATIONS

- Allow use of colored pencils for creativity.
- Provide one-on-one assistance with participants as needed.
- Require participants to write their top 20 favorite recreation activities on a sheet of paper. Require participants to draw a graph on the back of their paper and fill it in with their own recreation activities in order to create their own word search puzzle.

Name: _____ Date: _____ Activity: L-4

Leisure Skills Word Search Puzzle

Directions: Find all hidden words listed below in word search puzzle below. Words can go forward, backwards or diagonal.

- | | | | | |
|------------|-----------|-------------------|------------|-----------|
| Activities | Enjoyment | Hobbies | Mental | Rest |
| Benefits | Free time | Importance | Parks | Rewarding |
| Collecting | Freedom | Interest | Physical | Skills |
| Community | Fun | Leisure | Play | Social |
| Creativity | Growth | Life satisfaction | Recreation | Travel |
| Emotional | Health | Meaning | Relaxation | Vacations |

L	C	A	Q	Z	X	C	V	B	N	Y	T	I	N	U	M	M	O	C
D	E	E	D	P	H	Y	S	I	C	A	L	A	S	D	F	G	H	H
T	A	I	E	W	Q	U	R	R	R	R	S	O	M	D	S	Y	I	E
Y	R	T	S	Q	W	M	S	O	E	F	I	M	I	D	T	R	G	M
U	R	E	R	U	E	N	E	A	C	T	K	H	C	I	S	I	N	O
I	D	S	T	D	R	B	I	N	O	S	I	P	V	B	D	V	S	T
O	A	E	Y	F	R	E	T	R	S	L	L	I	K	S	G	T	I	I
P	J	C	U	S	O	C	I	A	L	U	T	L	F	N	I	S	A	O
M	E	N	T	A	L	D	V	G	H	A	L	E	R	F	H	E	M	N
Q	I	A	I	B	T	E	I	D	E	M	O	D	E	E	R	F	A	A
W	A	T	O	N	Y	E	T	R	A	F	U	N	E	M	K	W	C	L
E	S	R	P	M	U	R	C	O	L	L	E	C	T	I	N	G	A	N
R	D	O	O	L	E	V	A	R	T	B	I	H	I	O	Q	R	V	A
T	F	P	O	P	I	G	I	E	H	L	F	R	M	P	W	O	A	D
Y	H	M	A	O	T	N	E	M	Y	O	J	N	E	O	E	W	C	A
U	J	I	Q	I	P	I	H	U	R	O	S	M	K	I	R	T	A	L
I	G	Y	U	T	A	N	L	P	C	K	M	O	P	U	T	H	T	O
O	N	T	E	S	S	A	E	E	R	K	I	I	L	Y	Y	B	I	O
P	I	N	L	I	F	E	S	A	T	I	S	F	A	C	T	I	O	N
L	D	N	E	Y	D	M	P	E	H	D	L	L	Y	T	W	M	N	K
K	R	T	S	E	R	E	T	N	I	Y	Y	I	I	R	E	A	S	H
J	A	A	N	N	E	O	G	U	C	B	R	T	P	E	S	E	T	R
H	W	D	M	O	S	F	R	B	L	A	B	N	U	W	C	G	R	Y
G	E	N	O	I	T	A	X	A	L	E	R	O	L	Q	D	E	F	Y
F	R	E	C	R	E	A	T	I	O	N	O	O	H	I	D	D	F	S

- | | |
|--|----------|
| 1. List a social activity: | 1. _____ |
| 2. List a creative activity: | 2. _____ |
| 3. List a physical activity: | 3. _____ |
| 4. List a mental/ mind challenge activity: | 4. _____ |
| 5. List a relaxation activity: | 5. _____ |
| 6. List a community activity: | 6. _____ |

Activity L-5: Leisure Skills Crossword Puzzle

Instructor's Guide

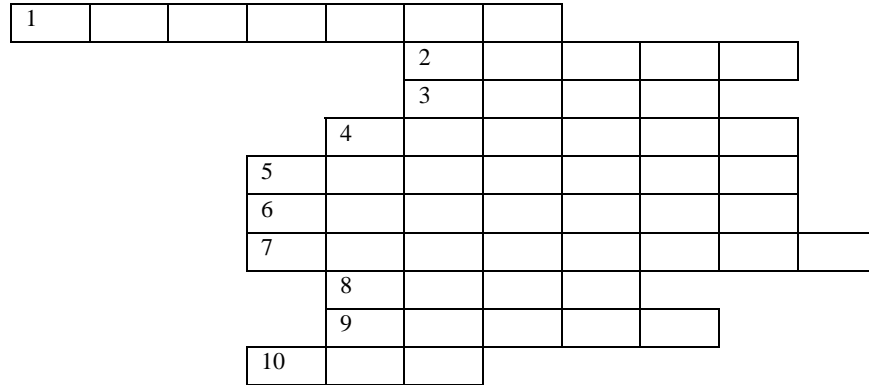
ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To increase familiarization of leisure related vocabulary</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 participants</p> <p>Introduction: The purpose of this activity is to increase understanding of words that are related leisure.</p> <p>Process: Explain purpose of activity. Pass out supplies. Explain the directions as described on the next page.</p>	<ol style="list-style-type: none"> 1. What is leisure? 2. What do you enjoy? 3. Are you free? Explain why or why not. 4. What is meaningful to you? 5. What are you interested in learning more about? 6. When do you have time for leisure? 7. What hobby would you like to learn? 8. What would your life be like if you never had any fun? 9. How can you have more fun in life?

SPECIAL CONSIDERATIONS	ANSWERS
<ul style="list-style-type: none"> • Allow use of colored pencils for creativity. • Provide one-on-one assistance with participants as needed. • Write the words "LEISURE AND RECREATION" at the top of a sheet of paper and require participants to see how many words they can create by using only the letters in the words leisure and recreation. 	<ol style="list-style-type: none"> 1. Leisure 2. Enjoy 3. Care 4. Growth 5. Freedom 6. Meaning 7. Interest 8. Time 9. Hobby 10. Fun <p>Hidden Word: RECREATION</p>

Name: _____ Date: _____ Activity: L-5

Leisure Skills Crossword Puzzle

Directions: Fill in the boxes below with the correct answers. Find a hidden word.



1. The freedom to enjoy an activity, hobby, or interest.
2. To get pleasure from doing an activity.
3. To prefer or wish to do something.
4. To increase one's abilities and skills
5. Having individual will to chose what you want to do
6. Having value or worth
7. Having a sense of curiosity about something
8. A period for doing an activity.
9. Devoting time for to pursue a recreational interest
10. To get enjoyment and excitement from doing an activity.
11. Can you find the hidden word? _____

Word Bank

Care	Enjoy	Freedom	Fun	Growth
Hobby	Interest	Leisure	Meaning	Time

Directions: List three of your favorite activities and draw them in the boxes below.

--	--	--

Activity L-6: Leisure Skills Matching Activity

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To identify different types of leisure activities</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 participants</p> <p>Introduction: The purpose of this activity is to increase awareness of different types of leisure. This worksheet focuses on four types of activities including: social, physical, cognitive, and creative.</p> <p>Process: Explain purpose of activity. Pass out supplies. Explain directions as described on the next page. Inform participants that some could have more than one answer. Review answers.</p>	<ol style="list-style-type: none"> 1. What was the purpose of this activity? 2. What are social activities? 3. What are physical activities? 4. What are cognitive activities? 5. What are creative activities? 6. Which activities did you put more than one answer and why? 7. Do you think a person needs to participate in all of these activities: social, physical, cognitive, and creative? 8. What might the consequences be if a person did not participate in social activities? 9. What might be the effect if a person did not participate in physical fitness activities? 10. What might the consequences be if a person did not participate in cognitive activities?

SPECIAL CONSIDERATIONS	ANSWERS
<ul style="list-style-type: none"> • Allow use of colored pencils for creativity. • Provide one-on-one assistance with participants as needed. • Provide activities from previous chapters on social interaction, physical fitness, and cognitive ability prior to providing this activity. 	<ol style="list-style-type: none"> 1. A, B 2. C, D 3. C 4. A 5. C, D 6. A, B 7. A 8. B 9. A 10. D 11. C 12. C 13. A 14. A 15. A, B 16. B, C 17. C 18. B, C 19. D 20. B 21. B 22. A 23. A 24. D 25. A

Name: _____ Date: _____ Activity: L-6

Leisure Skills Matching Activity

Directions: Write the letter of the activity domain for each activity below. Answers may vary. Many will have more than one answer. For example, gymnastics is primarily a physical activity, but done with others it is social, learning the steps is cognitive, and performing could also be creative.

1. **Social:** Activities a person does with others. These are people based.
2. **Physical:** Activities a person does to stay fit. These are active.
3. **Cognitive:** Activities a person does which requires thinking.
4. **Creative:** Activities, where a person creates or makes something.

Some activities may have more than one domain.

Leisure Activity	Activity Domain
1. ___ Gymnastics	a. Social
2. ___ Playing a musical instrument	b. Physical
3. ___ Reading a magazine	c. Cognitive
4. ___ Spending time with friends	d. Creative
5. ___ Drawing a picture	
6. ___ Playing sports	
7. ___ Watching sports event with friends	
8. ___ Walking in the park	
9. ___ Shopping with friends	
10. ___ Taking a class or course for fun	
11. ___ Decorating your home	
12. ___ Reading the newspaper	
13. ___ Giving a speech	
14. ___ Volunteering to help people	
15. ___ Attending a local concert with friends	
16. ___ Dancing	
17. ___ Playing video games	
18. ___ Working in a garden	
19. ___ Making arts and crafts	
20. ___ Bowling alone	
21. ___ Exercising	
22. ___ Talking on phone with friend	
23. ___ Attending a cook-out or picnic	
24. ___ Preparing a holiday meal	
25. ___ Eating holiday meal with others	

Activity L-7: Leisure Skills Collage

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To identify leisure activities</p> <p>Supplies: One copy of activity found on next page, magazines, glue, and scissors for each participant.</p> <p>Group Size: 2 to 10 participants</p> <p>Introduction: The purpose of this activity is to increase awareness of the different types of activities that a person could do in different settings.</p> <p>Process: Explain purpose of activity. Pass out supplies. Explain the directions as described on the next page. Allow participants to share their completed collage with the group participants.</p>	<ol style="list-style-type: none">1. What was the purpose of this activity?2. What did you learn from doing this activity?3. What activities from your collage are you most interested in doing?4. What does your collage say about who you are?5. How do you feel when you do activities that are on your collage?6. When do you plan to do some of these activities?7. What are the benefits of doing these activities?8. Did you put any activities on your collage that you do not do?9. Which pictures best represent who you are?

SPECIAL CONSIDERATIONS

- Allow use of colored pencils for creativity.
- Provide one-on-one assistance with participants as needed.

Name: _____ Date: _____ Activity: L-7

Leisure Skills Collage

Directions: *Cut or tear out pictures from magazines and paste on the spaces below to make a collage. Draw pictures if you can't find any in magazines.*

Activity that I like to do by myself.	Activity that I like to do with my family.	Activity that I like to do with my friends.
Activity that I like to do during the summer.	Activity that I like to do during the winter.	Activity that I like to do indoors.
Activity that I like to do outdoors.	Activity that I like to do on a rainy day.	Activity that I like to do anytime.
Activity that I like to do on holidays.	Activity that I like to do during the spring.	Activity that I like to do during the autumn.

Activity L-8: Leisure Skills and Hobbies

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To identify leisure interests</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 participants</p> <p>Introduction: The purpose of this activity is to increase awareness of different types of hobbies. This activity also aims to spark interest in leisure activities.</p> <p>Process: Explain purpose. Explain directions as described on the next page. Pass out supplies.</p>	<ol style="list-style-type: none"> 1. What was the purpose of this activity? 2. How many of these hobbies do you already participate? 3. How many of these hobbies have you never heard of? 4. What other hobbies can you think of that were not listed here? 5. Which hobby are you most interested in doing and why? 6. Where could you go to start a new hobby? 7. Who could help you to start a new hobby? 8. What are the personal benefits for having a hobby?

SPECIAL CONSIDERATIONS	RECOMMENDED READINGS
<ul style="list-style-type: none"> • Allow use of colored pencils for creativity. • Provide one-on-one assistance with participants as needed. • Provide resources for hobbies: journals, doodle books, art supplies, scrapbook, etc. • Obtain resources to teach groups on: making jewelry, making birdhouses, making birdfeeders, and making crafts. • Provide materials for your participants to grow a garden. See the recommended book listed at the right. • Provide a community outing to a local hobby house. 	<ul style="list-style-type: none"> • <i>Horticulture As Therapy A practical Guide to Using Horticulture as a Therapeutic Tool</i> by Mitchell Hewson. (Greenmore Printing) • <i>Favorite Family Holiday Activities</i> by Ellyn Sanna. (Barbour Publishing Co.)

Name: _____ Date: _____ Activity: L-8

Leisure and Hobbies

Directions: Place a checkmark beside activities you currently do or would like to start.

Starting a hobby is an excellent way to spend your leisure time.

<input type="checkbox"/> Art projects	<input type="checkbox"/> Collecting toys	<input type="checkbox"/> Learning magic tricks	<input type="checkbox"/> Remodeling
<input type="checkbox"/> Baking	<input type="checkbox"/> Collecting souvenirs	<input type="checkbox"/> Sports participation	<input type="checkbox"/> Restoring antiques
<input type="checkbox"/> Building birdhouses	<input type="checkbox"/> Crafts	<input type="checkbox"/> Making jewelry	<input type="checkbox"/> Scrap-booking
<input type="checkbox"/> Building things	<input type="checkbox"/> Decorating	<input type="checkbox"/> Model airplanes	<input type="checkbox"/> Volunteering
<input type="checkbox"/> Collecting stamps	<input type="checkbox"/> Drama/ acting	<input type="checkbox"/> Model cars	<input type="checkbox"/> Woodwork
<input type="checkbox"/> Collecting antiques	<input type="checkbox"/> Feeding birds	<input type="checkbox"/> Model trains	<input type="checkbox"/> Working on cars
<input type="checkbox"/> Collecting cards	<input type="checkbox"/> Gardening	<input type="checkbox"/> Painting	<input type="checkbox"/> Writing poetry
<input type="checkbox"/> Collecting coins	<input type="checkbox"/> Hunting/ Fishing	<input type="checkbox"/> Photography	<input type="checkbox"/> Writing stories
<input type="checkbox"/> Collecting comics	<input type="checkbox"/> Jigsaw puzzles	<input type="checkbox"/> Pottery	<input type="checkbox"/> Writing to a pen-pal
<input type="checkbox"/> Collecting dolls	<input type="checkbox"/> Landscaping	<input type="checkbox"/> Reading	<input type="checkbox"/> Other:

Directions: Answer the questions below to help you start a new hobby.

1. What hobby would you like to start?

2. Where could you go to learn about your hobby?

3. Who could help you start this hobby?

4. How would doing this hobby make you feel?

5. What are the benefits of doing the hobby that you selected?

Activity L-9: Leisure and Community Activities

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
Objective: To be aware of community leisure resources	1. What was the purpose of this activity? 2. How many of these activities have you participated in before?
Supplies: One copy of activity found on next page and one pencil for each participant. Provide a phonebook.	3. Which of these activities would be the closest to where you live?
Group Size: 2 to 10 participants	4. Which of these activities would be the most expensive to do?
Introduction: The purpose of this activity is to increase awareness of community leisure resources and to spark interest in possible community activities.	5. Which of these activities would be the least expensive?
Process: Explain purpose of activity. Pass out supplies. Explain the directions as described on the next page. Inform participants to use phonebook to determine location.	6. What other activities are offered in your community that are not listed here? 7. Who could you ask to join you to do these community activities? 8. How can doing these activities improve your relationships with others? 9. How can these activities help you to meet new people?

SPECIAL CONSIDERATIONS

- Allow use of colored pencils for creativity.
- Provide one-on-one assistance with participants as needed.
- Organize a community outing because people learn by doing and they may develop a new interest based on the experience.
- Inform participants of upcoming local events such as concerts, plays, holiday events, community activities, etc.

Name: _____ Date: _____ Activity: L-9

Leisure and Community Activities

Directions: Write the nearest location of each community activity, an estimated cost for this activity, and check it off if you are interested in doing the activity. Use a phonebook or the Internet for assistance.

Activity	Location	Cost	✓
Arcade			
Amusement park			
Bowling			
Carnival			
Circus			
Fitness center			
Go-cart riding			
Holiday event			
Hike			
Ice cream outing			
Ice-skating			
Laser tag			
Library			
Local band			
Local or state park			
Miniature golf			
Movie theater			
Museum			
Nature walk			
Parade			
Pet shop			
Play at theater			
Shopping			
Swimming			
Talent Show			
Zoo			
Other:			

Directions: List all the benefits that you can think of based on the activities listed above.

Activity L-10: Leisure Time Management

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To be aware of your leisure time</p> <p>Supplies: One copy of activity found on next page for each participant as well as colored markers, crayons, or colored pencils.</p> <p>Group Size: 2 to 10 participants</p> <p>Introduction: The purpose of this activity is to increase awareness of how people spend their lives and to help people plan time to devote to leisure interests.</p> <p>Process: Explain purpose of activity. Explain directions as described on the next page. Pass out supplies.</p>	<ol style="list-style-type: none">1. What was the purpose of this activity?2. What did you learn about yourself from this activity?3. What do you spend most of your time doing?4. When do you have free time?5. What is the difference between free time and leisure? <i>Free time could consist of waiting in line, waiting at a stoplight, or waiting in a doctor's office. Leisure is spent doing an activity a person enjoys. Leisure is also a state of mind.</i>6. What activities would you like to do for leisure?

SPECIAL CONSIDERATIONS

- Provide one-on-one assistance with participants as needed.
- Provide calendars or daily planners for participants.

Name: _____ Date: _____ Activity: L-10

Leisure Time Management

Directions: Color each box a different color. Use red for school or work, black for sleep, green for leisure time, blue for self-care, orange for chores, and yellow for other.

Time	Sun.	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
6:00am							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
Noon/pm							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
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6:00							
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7:00							
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8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							

Activity L-11: Leisure and Benefits

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
Objective: To be aware of the benefits of leisure	1. What was the purpose of this activity? 2. How well did you do at not repeating any activities?
Supplies: One copy of activity found on next page and one pencil for each participant.	3. How many of these benefits do you receive?
Group Size: 2 to 10 participants	4. Which of these benefits would you like to strengthen?
Introduction: The purpose of this activity is to increase awareness of the benefits for participating in leisure.	5. What can you do to strengthen your benefits?
Process: Explain purpose of activity. Explain directions as described on the next page. Pass out supplies.	

SPECIAL CONSIDERATIONS	ANSWERS
<ul style="list-style-type: none">• Allow use of colored pencils for creativity.• Provide one-on-one assistance with participants as needed.	<ul style="list-style-type: none">• Answers for benefits will vary.

Name: _____ Date: _____ Activity: L-11

Leisure and Benefits

What can an activity do for you?

Directions: Write at least one activity in the right column that would help you receive the benefit in the left column. You may write more than one answer. There are no definite correct answers. For example: stress relief could come from doing stretches, fishing, listening to music, or doing many other activities. Try not to write any activity twice.

Benefit	Activity
1. Stress relief/ relaxation	
2. Personal growth	
3. Pleasure/ fun	
4. Better relationships	
5. Increased creativity	
6. Increased fitness	
7. Personal meaning in life	
8. Feel important	
9. Reach a goal	
10. Make a commitment	
11. Recognition	
12. Belonging	
13. Lose weight	
14. Build muscles	
15. Improve memory	
16. Use thinking skills	
17. Use problem solving skills	
18. Feel free	
19. Self-expression	
20. Experience adventure	
21. Learn something new	
22. Use good teamwork	
23. Use communication skills	
24. Enjoy the outdoors	
25. Make good memories	

Compare your answers with other group participants.

Activity L-12: Leisure, Are You Complete?

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To identify areas that a person should participate to have a well-balance, more complete life.</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 participants</p> <p>Introduction: The purpose of this activity is to help participants to identify all the areas they should be involved in order to have a well-balanced, more complete life.</p> <p>Process: Explain purpose of activity. Explain directions as described on the next page. Pass out supplies.</p>	<ol style="list-style-type: none">1. What was the purpose of this activity?2. Which areas were the easiest for you to identify?3. Which of these areas do you do the least?4. Which area would you like to make an improvement?5. How could you make an improvement in the area you do least?6. Which of these areas do you do the most?7. Which of these activities do you actually participate in?8. Can you be complete if you do not do activities from any one of these areas? Explain your answer.
SPECIAL CONSIDERATIONS	ANSWERS

- Allow use of colored pencils for creativity.
- Provide one-on-one assistance with participants as needed.

- Answers may vary.

Name: _____ Date: _____ Activity: L-12

Leisure, Are You Complete?

Directions: List at least three activities under each topic below that you could do during your leisure time. Do not write any activity twice on this page.

<p>Improvement Activities that a person does for self-improvement. These activities are educational or worthwhile.</p> <p>1. _____ 2. _____ 3. _____</p>	<p>Pleasure Activities that a person does for enjoyment and excitement. These activities are often challenging.</p> <p>1. _____ 2. _____ 3. _____</p>	<p>Socialization Activities that requires a person to interact with others. These activities are people related.</p> <p>1. _____ 2. _____ 3. _____</p>
<p>Identification Activities that a person does, which defines who they are. These activities make people unique.</p> <p>1. _____ 2. _____ 3. _____</p>	<p>Escape Activities that a person does to take a break from routine and stress. These activities include vacations.</p> <p>1. _____ 2. _____ 3. _____</p>	<p>Creativity Activities that a person does to create or make something. These activities include doing unique things.</p> <p>1. _____ 2. _____ 3. _____</p>
<p>Consumption Activities in which a person uses goods or products. This often requires a person to buy something.</p> <p>1. _____ 2. _____ 3. _____</p>	<p>Spiritual Activities a person does, which they feel connected to a higher power. Activity could be for appreciation.</p> <p>1. _____ 2. _____ 3. _____</p>	<p>Fitness Activities that a person does in order to increase physical fitness. These included physical activities.</p> <p>1. _____ 2. _____ 3. _____</p>

Directions: Place a checkmark beside each activity that you listed above if you have participated in the activity within the last month. Based on these checkmarks list your strongest two areas and the two areas that you could improve upon below.

Strongest Areas	Areas You Could Improve Upon
1. _____	1. _____
2. _____	2. _____

Activity L-13: Leisure-A-Holic

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
Objective: To identify consequences of not balancing work and leisure	1. What was the purpose of this activity? 2. Would you characterize yourself as a workaholic, leisureaholic, or somewhere in-between?
Supplies: One copy of activity found on next page and one pencil for each participant.	3. What do you think the old motto, "to much of a good thing will make you sick" means?
Group Size: 2 to 10 participants	4. What are the consequences for working all the time and never having any personal enjoyment?
Introduction: The purpose of this activity is to identify the consequences for not balancing work and leisure.	5. What are the consequences for playing all the time and never taking responsibility?
Process: Explain purpose of activity and explain the directions. Explain directions as described on the next page. Pass out supplies.	6. How can you find a happy median between work and play? 7. How could you make work more enjoyable?

SPECIAL CONSIDERATIONS
<ul style="list-style-type: none">• Allow use of colored pencils for creativity.• Provide one-on-one assistance with participants as needed.• Rent a copy of the children's book <i>The Grasshopper and The Ants</i> from your local library and read to participants prior to the activity if the group consists of children. This could offend an adolescent or adult.

Name: _____ Date: _____ Activity: L-13

Leisure-A-Holic

Too much of a good thing, isn't good.

Directions: Read the page below and answer the questions.

Do you remember the story of the grasshopper and the ants? In this story the grasshopper sings, dances, plays, and enjoys life everyday. The grasshopper never does any work. The ants work hard everyday in order to prepare for the winter months so they do not starve. In the end the ants have food for the winter and the grasshopper does not have food because he did not work.

There are two good lessons here:

1. *Procrastination has its cost.* The grasshopper played all the time and he had to pay the price. The winter was quick to come and he could no longer enjoy himself because he was starving. Everybody needs to take responsibility.
2. *All work and no play make Jack a dull boy.* If the ants worked all the time it would not be healthy. The ants work for the winter. The winter is when they can enjoy themselves. Everybody needs time for leisure.

In order to have “leisure time” we must also have “work time.”

Work-a-holic: <i>A person who works all the time.</i>	Leisure-a-holic: <i>A person who plays all the time.</i>
List all jobs that you must do here.	List all the fun things you want to do here
What would happen if you did these jobs all the time and never took time for fun?	What would happen if you played all the time and never took responsibility?
What would happen if you did not do any of these jobs?	What would happen if you never did any of these fun things?

Activity L-14: Leisure Doodle and Charades**Instructor's Guide**

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To demonstrate awareness of leisure activities</p> <p>Supplies: One copy of activity found on next page for each participant and one hat or cup, pair of scissors, stopwatch, and a coin. This activity requires a dry erase board and markers or a chalked board and chalk. Use drawing paper if dry erase board or chalkboard are not available.</p> <p>Group Size: 2 to 10 participants</p> <p>Introduction: The purpose of this activity is to increase awareness of leisure activities.</p> <p>Process: Prior to group, cut out each box along the dotted lines from the activity found on the next page. Place all slips of paper into the hat or cup. Explain the purpose of the activity to the participants. Explain the directions. Pass out copies of the activity found on the next page to participants after the activity is over.</p>	<ol style="list-style-type: none">1. What was the purpose of this activity?2. Which was easier for you to do, act out a charade or to draw a picture?3. Which of these activities have you never participated in before?4. Which of these activities would you like to do soon?5. What other activities can you think of that were not part of this game?
SPECIAL CONSIDERATIONS	

- Allow use of colored pencils for creativity.
- Provide one-on-one assistance with participants as needed.

Name: _____ Date: _____ Activity: L-14

Leisure Doodle and Charades

Directions: *Cut out words below on dotted lines. Place all slips of paper in a hat or paper bag. Divide group participants into two teams. Allow one person from a team to draw slip of paper out of hat and act it out for their OWN team (or) draw it for their own team. Flip a coin, heads you draw, tails you act it out. There is a 2-minute time limit to act it out (or) draw it and have it guessed. If their team does not guess it then the opponent's team gets a chance to guess.*



Amusement park	Eating	Jogging	Singing
Baseball	Exercising	Kite flying	Sight seeing
Basketball	Fishing	Listening to music	Snow skiing
Board game	Football	Painting	Snowboarding
Computer	Frisbee	Party	Swimming
Conversation	Gardening	Photography	Walking
Cooking	Golf	Reading	Walking a pet
Crafts	Gymnastics	Religious activity	Watching a movie
Dancing	Ice-skating	Running	Water skiing
Decorating	Inline skating	Shopping	Writing
Add your own:			

Activity L-15: Leisure, Rest, and Relaxation

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To identify calming leisure activities</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 participants</p> <p>Introduction: The purpose of this activity is to increase awareness of calming activities that a person could do to relax and cope with stress.</p> <p>Process: Explain purpose of activity. Explain the directions as described on the next page. Pass out supplies.</p>	<ol style="list-style-type: none"> 1. What causes you to feel stressed? 2. What activities help you to relax? 3. What activities would you like to do? 4. What are the effects of stress on health? 6. What would life be like if you never had the chance to relax? 7. Why is it important to do relaxation activities in your life? 8. What are some of the benefits for doing relaxation activities?
SPECIAL CONSIDERATIONS	RECOMMENDED READINGS
<ul style="list-style-type: none"> • Allow use of colored pencils for creativity. • Provide one-on-one assistance with participants as needed. • Provide a relaxation C.D., scented oils and dim the lights for a relaxation session. • Provide paper, colored pencils, paint, or other art material and have participants make art while listening to relaxation C.D. 	<p><i>Managing Stress</i> by Brian Luke Seaward (Jones and Bartlet Publishers, 2004)</p> <p><i>The Therapeutic Recreation Stress Management Primer</i> by Cynthia Mascott (Venture Publishing, 2004)</p> <p><i>Explore Yourself Through Art</i> by Vickey Barber (Plume, 2002)</p> <p><i>Opening Up</i> by James Pennybaker (The Guildford Press, 1990)</p> <p><i>Hypnotherapy Scripts</i> by Ronald A. Havens and Catherine Walters (Brunner/Mazel, 1989)</p>

Name: _____ Date: _____ Activity: L-15

Leisure, Rest, and Relaxation

Directions: Place a checkmark ✓ beside activities you already do.
 Place a plus sign + beside activities you would like to do.
 Place an X on activities you have no interest in trying.

Check	Aromatherapy	The use of oils, candles, smells, baths, teas, lotions, heat and moisture to relax the body.
	Art therapy	The use of arts, crafts, visualization, and creativity to relax the body
	Breathing*	The use of taking deep slow breaths in through the nose and out through the mouth.
	Humor therapy	The use of comedy and humor to bring about relaxation
	Hypnosis	Being in a sleep-like state to feel relaxed
	Journaling	The use of writing in a journal to express feelings
	Massage therapy	The use of massage in order to relax muscles
	Meditation	Being in a relaxed state of being while having a repetitive thought
	Muscle relaxation	The tightening of muscles and releasing of muscles in order to bring about a state of relaxation
	Music therapy	The use of music in order to bring about relaxation
	Stretching	The expanding of muscles to bring about greater movement and ability
	Tai-Chi	Slow body movements and exercise that are performed during music.
	Visualization	The process of thinking and having a mental image of a place, its sounds, smells, and other stimuli for relaxation
	Other: _____	

*Use these four steps to proper breathing when you feel stressed:

1. Breathe air in through your nose. Imagine smelling your favorite scent. Examples of scents include: vanilla, baked cookies, honeysuckle, cut grass, etc.
2. Hold the air you breathed in for about one second.
3. Breathe the air out of your mouth slowly. Imagine breathing out cold air on a winter day. Blow it out slowly as if you don't want to blow papers off a table.
4. Hesitate for one second after breathing air out, then return to step number one.

Activity L-16: Leisure Versus Self-harm

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To identify leisure activities to be done as alternatives to harmful activities</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 participants</p> <p>Introduction: The purpose of this activity is to identify leisure activities that could be done as an alternative to destructive activities.</p> <p>Process: Explain purpose of activity. Explain directions as described on next page. Pass out supplies</p>	<ol style="list-style-type: none"> 1. What was the purpose of this activity? 2. Why do people take part in self-harming activities? 3. What positive leisure activities could a person do to get the same feeling? 4. Do you think self-harming activities could be considered leisure? <i>Inform participants that harmful activities are not leisure activities. For example, if a person views vandalism as leisure, he or she will soon discover that is not leisure, but a crime when they are arrested.</i> 5. What is the difference between harmful activities and leisure activities? 6. What are the consequences for doing harmful activities?

SPECIAL CONSIDERATIONS	ANSWERS
<ul style="list-style-type: none"> • Allow use of colored pencils for creativity. • Provide one-on-one assistance with participants as needed. • Collect newspaper articles on violence, gangs, murders, etc. to demonstrate the consequences for actions. Provide these sources to demonstrate the truth about violence. 	<p>Consequences for self-harming activities may include, but are not limited to:</p> <ul style="list-style-type: none"> • Could seriously hurt oneself • Could go to jail • Could kill self • Could kill somebody else • Could become disabled • Could disable somebody else

Activity L-17: Leisure and Life

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To identify personal values pertaining to leisure</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 participants</p> <p>Introduction: The purpose of this activity is to increase awareness of personal values pertaining to leisure and to identify what is meaningful in life.</p> <p>Process: Explain purpose of activity. Pass out supplies. Explain directions as described on the next page. Require participants to complete activity found on next page.</p>	<ol style="list-style-type: none">1. What was the purpose of this activity?2. What did you learn about yourself?3. What is important to you based on your answers from this worksheet?4. How can you go about doing activities that make you happy without being a millionaire?5. How can you go about doing things that are worthwhile to you without being a millionaire?6. Do you think a person can live a leisure lifestyle without being wealthy?7. What would your life be like if you didn't participate in leisure?

SPECIAL CONSIDERATIONS
<ul style="list-style-type: none">• Allow use of colored pencils for creativity.• Provide one-on-one assistance with participants as needed.• Require participants to write an essay titled, "What I want to do with my life."

Name: _____ Date: _____ Activity: L-17

Leisure and Life

Directions: *Answer the questions below.*

1. If you won the lottery and received millions of dollars, what would you do with your life?

2. In question # 1, you were required to write what you would do with your life. How could doing these things improve your life?

3. When do you think having enough material things is enough?

4. Based on your answers in the first question, which of these things could you still do, despite not having won the lottery?

5. What is worthwhile in life?

6. What did you learn about your values from this activity?

Activity L-18: Leisure Pros and Cons

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To identify the benefits for participating in leisure activities versus the consequences for not participating</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 participants</p> <p>Introduction: Purpose of activity is to increase awareness of the benefits of leisure and the consequences for not participating any leisure activities.</p> <p>Process: Explain purpose of activity. Pass out supplies. Require participants to list as many benefits of leisure that they can think of and as many consequences of not doing anything as they can think of. Share answers during group discussion</p>	<ol style="list-style-type: none">1. Why is it important to have leisure as part of your life?2. What would the world be like if you did not have the opportunity for leisure?3. What benefits of leisure did you list on your worksheet?4. What leisure activities could you do in order to receive these benefits?

SPECIAL CONSIDERATIONS

- Allow participants to use pervious handouts.
- Allow use of colored pencils for creativity.
- Provide one-on-one assistance with participants as needed.

Name: _____ Date: _____ Activity: L-18

Leisure Pros and Cons

Directions: *List benefits of leisure and consequences of not participating in leisure activities below. Work with your group participants and share answers.*

List benefits for participating in leisure activities below.	List consequences for not participating in leisure that you can think of below.
Social Benefits: <i>Have more friends</i>	<i>Feeling lonely, feeling lonesome, feeling bored, etc. .</i>
Physical Benefits: <i>Better in sports</i>	
Emotional Benefits: <i>Feel confident</i>	
Health Benefits: <i>Stronger immune system</i>	
Personal Benefits: <i>Sense of freedom</i>	
Other Benefits: <i>Having meaningful things to do</i>	

Activity L-19: Leisure Goal Planning

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To make commitment to participate in leisure activity</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 participants</p> <p>Introduction: The purpose of this activity is to increase goal-planning skills as well as make a commitment to participate in leisure activities.</p> <p>Process: Explain purpose of activity. Pass out supplies. Explain directions as described on the next page. Require participants to complete activity found on next page.</p>	<ol style="list-style-type: none">1. Which goal did you choose? Explain why you chose your answer.2. Which activities do you already do?3. Which activities do you not do?4. What benefits will you gain from participating in this activity?5. Why is it important to be aware of the benefits for doing an activity?6. Why is it important to date and sign this paper?7. Explain the definition of commitment.

SPECIAL CONSIDERATIONS

- Allow use of colored pencils for creativity.
- Provide one-on-one assistance with participants as needed.
- Provide materials and resources within reason to help participants meet their goals.

Name: _____ Date: _____ Activity: L-19

Leisure Goal Planning

Directions: Check off social activities that you are interested in doing. Complete goal statement at bottom of page.

- Which activities are you interested in doing?

- ____ Start a collection, collecting: _____
- ____ Start a hobby. List hobby: _____
- ____ Visit a park. List park: _____
- ____ Take a mini-vacation. Travel to: _____
- ____ Do a social activity. List activity: _____
- ____ Do a physical activity. List activity: _____
- ____ Do a mind challenging activity. List activity: _____
- ____ Do a creative activity. List activity: _____
- ____ Do an activity alone. List activity: _____
- ____ Do an outdoor activity. List activity: _____
- ____ Other: _____



GOAL CARD

I, _____ will _____
 (your name) (any **one** activity checked off above)
 by _____.
 (date)

What must I do to reach this goal?

Who can help me reach this goal?

Sign: _____

Today's Date: _____

Witnessed by: _____

Date that you met goal: _____

Activity L-20: Leisure Evaluation

Instructor's Guide

ACTIVITY	DISCUSSION QUESTIONS
<p>Objective: To demonstrate understanding of leisure</p> <p>Supplies: One copy of activity found on next page and one pencil for each participant.</p> <p>Group Size: 2 to 10 participants</p> <p>Introduction: The purpose of this activity is to identify personally satisfying activities, to identify different type of activities, and to identify the benefits for participating in a well balance of activities.</p> <p>Process: Explain purpose of activity. Pass out supplies. Explain directions as described on the next page. Require participants to complete activity found on next page.</p>	<ol style="list-style-type: none">1. What activities did you list, which you enjoy?2. Explain why you think a person should do all types of activities?3. Do you think a person could be complete if he or she did not participate in any of the following: social, cognitive, physical, creative, spiritual, or leisure activities? Explain your answer.4. What benefits do you want to receive from your leisure?5. How can you go about obtaining these benefits?

SPECIAL CONSIDERATIONS	ANSWERS
<ul style="list-style-type: none">• Allow participants to review their previous activity worksheets and handouts.• Allow use of colored pencils for creativity.• Provide one-on-one assistance with participants as needed.	<p>Answers may vary.</p>

Name: _____ Date: _____ Activity: L-20

Leisure Evaluation

Directions: *List appropriate answers in spaces provided*

- **List ten leisure activities that you enjoy in the spaces provided.**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- **Give an example for each type of leisure activity below.**

Social: _____

Creative: _____

Physical: _____

Relaxation: _____

Cognitive: _____

Spiritual: _____

- **Why should a person do each type of activity above?**

- **List ten benefits of leisure**

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I, Danny P. am inviting you to take one of my home study continuing education courses.

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