

Subtopic 1: What is Free Time?

- Free time (or leisure time) is the time when you don't have to do something like homework or chores.
- It's when you get to choose what you want to do!

Why Does Free Time Matter?

- How we spend our free time can affect how we feel, both physically and emotionally.
- Free time can be healthy or unhealthy, exciting or boring—it all depends on the choices we make.

Benefits of Using Free Time Wisely

- Doing a variety of activities can make your free time more fun and fulfilling.
- Activities like sports, exploring nature, being creative, or spending time with family and friends are all great options.
- It's important to balance time alone with time spent with others—friends, siblings, parents and also to do things that help others.

Challenges with Free Time

- Sometimes, students might not know what to do with their free time. This could lead to boredom or just “hanging out.” It could also lead them staying in an activity too long (like tech use) even if it is no longer giving them benefits.
- Encourage them to think about fun, exciting, or creative ways to use their time!

Ways to Make the Most of Free Time

- Free time can be used for physical activities (like playing outside), creative pursuits (art, music, writing) or learning new things.
- It's also a chance to help others or explore new hobbies.
- The more students mix up their activities, the more benefits they'll experience!

Discussions & Activities:

Ideas to spark conversation

What is free time?

Engage students with the topic of free time using the questions offered below during circle time, or incorporate them into another part of the day. Consider using times like recess, choice time, or enrichment programs as a great opportunity for these conversations.

Student Goal:

- Identify how they spend their free time, recognize their feelings during those moments, and begin to make connections between how they use their time and how it impacts their well-being.

Time Frame:

20–30 minutes **Flexible timing/ adaptable format:** Can be completed in short segments or extended across multiple sessions.

Example Conversation Starter:

"Let's talk about free time. Do you know what that means? We are going to talk about it, share what we do and how it makes us feel."

Discussion Questions:

- **What is free time?** *(When are times during the day when no one tells you what to do, or you are not at school or doing chores? What do you call that? What does not feel like free time? Can you feel like you have free time at school?)*
- **How much free time do you have?** *(Do you feel like you have a lot of free time or just a little? What parts of the day feel free?)*

- **What do you usually do during your free time?** *(Do you play with friends, family members, draw, read, rest, play games?)*
- **What did you do when you got home from school yesterday?** *(Did you have a snack, watch TV, go outside?)*
- **What did you do over the weekend?** *(Did you visit anyone, play sports, go anywhere fun?)*
- **What do you do during recess? How does it make you feel?** *(Do you run around, talk to friends, or do something quiet? Do you feel happy, calm, or something else? Integrate with Zones of Regulation below)*