

Subtopic 2: What is fun?

Engage students in choosing and planning a group activity that feels “fun” to them—and then do it! This can be a one-time experience or something you return to regularly. Try it as part of your daily routine, before heading to recess, or whenever there’s a natural opening in the day. You can adapt the activity as students build confidence and continue to explore the concept of fun. It can even become part of impromptu Choice Time!

Student Goal:

Explore the meaning of fun and leisure, recognize how it impacts their emotions, and practice planning and participating in a group activity that brings joy and connection.

Time Frame: Depends on how you structure it and when and for how long the “free-time” group activity event occurs

Example Conversation Starter:

"Most people enjoy having fun—but what that looks like can be different for everyone. We often have fun during our free or leisure time, but not always. Sometimes that time brings up other feelings or emotions, too. Let’s talk about what fun means to you."

Planning Questions:

Use the following questions to guide students in planning their group activity:

- What do you usually do for fun? (*playing games, drawing, sports, music?*)
- How does fun usually make you feel? (*happy, excited, relaxed?*)
- What are things you have to do in your free time that you don’t think are fun (e.g., chores, though we should not assume)? How do you usually feel doing those types of things? (*bored, annoyed, proud afterward?*)
- What would make the school day more fun? (*more games, music breaks, group projects?*)

Group Activity!

Plan a group activity (could be within this session or for another day)

Debrief Questions:

Once the group activity is completed, have a conversation with the students using these debrief questions:

- How was the event we planned? (*What did you like or not like?*)
- Did the activity meet your expectations for fun? Why or why not? (*Was it exciting, too short, surprising?*)
- How did you feel before, during, and after the activity? (*nervous, happy, tired?*)
- Was there anything you would change about how we planned or did the activity? (*More time? Different roles?*)
- What did you learn about fun and leisure time today? (*Something new you enjoy? A way to include others?*)