

Subtopic 1: Live Your Why Themes/Benefits to Explore:

Support students in exploring leisure benefits by focusing on the word “benefit” and what it means in this context of free time/leisure. One person may get multiple benefits from a single activity. Different people might experience different benefits from the same activity, but many individuals will share similar benefits from certain activities.

Student Goal:

Students will explore the benefits of leisure activities (using the "[Live Your Why!](#)" and other resources) towards their interest awareness and development.

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

Discussion:

- Start with a simple question “What is a benefit?”
- Ask about the benefits of some examples from their lives.
 - What benefits do you get from eating? (nutrition, family time, feeling full, energy, etc)
 - What kind of benefits do you get from (have them name different activities and think about the benefits)
 - bike riding
 - going to school
 - going to bed early
 - eating breakfast
- Now that we understand what benefits are, let’s connect the topic of benefits to how we spend out free time through our program Live Your Why.
- Discuss each of the themes from the "[Live Your Why!](#) Elementary Edition (online/and below).
 - Explore the Live Your Why website. [Live Your Why!](#)

Themes:

- Moving your body
- Connecting with people
- Working your brain
- What's in my future?
- Taking care of yourself
- Making memories
- Fun with nature
- Expressing yourself
- Getting to know your community
- What can I make with what I have?

Which of these activity topics do you like to do and what benefits do you get from each one?

Activity: Brainstorming and Sharing Leisure Activities

- Make a list of as many possible free time activities you can think of for when we're at home, at school, and in the community.
 - Could even do this as a competition between groups and then share out.
 - Have each student talk about the activities they do.
- Choose at least 4 Live Your Why categories to use in the next part of the activity.
- As students share, have them write or draw their responses on a whiteboard or chart paper under four or more categories (from Live Your Why).
 - Moving Your Body (physical)
 - Working Your Brain (mental)
 - Connecting with People (social)
 - Expressing Yourself (creative expression)

Reflection: Have students reflect on which themes they naturally gravitate towards and which ones they might want to explore further.

- “Do you notice that some of your favorite activities fall into more than one group? Or only one?”
- “What kinds of benefits do you want *more* of in your free time? How can you explore and plan for these?”)