

Subtopic 2: Benefits and Variety in Free Time

The healthiest and most satisfied people engage in a variety of activities that provide many benefits (see the Live Your Why themes). One activity alone often doesn't offer all the benefits we need. And one activity can also offer us multiple benefits. A mix of activities adds up to better overall well-being.

Student goals:

- Recognize how they currently spend their free time.
- Understand that different activities can offer different kinds of benefits (like fun, learning, rest, or connection).
- Think about why having a variety of free time activities can be valuable.

Timeframe:

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

Example Conversation Starters:

- “What’s something you love to do when you have free time and what benefits does it give you?”
- “Why do you think it’s good to do different types of things that give you different benefits in your free time?”
- “What is missing from your free time?”
- “What would you like to do in your free time that you are not already doing?”

Activities:

Give students a blank template or a simple worksheet (for older kids, could use [TimeWise Workbook](#) pgs 4-5) to map their free time activities and the benefits they get from each.

For younger students: They can draw pictures or write the activities they do in their free time and label the benefit (or use simple icons/colors to indicate the benefit type).

Have students share their ideas for future exploration based on the benefits/themes they connected with most and ones they want to more of.

Encourage creative thinking—what new activities can they try to explore the benefits they are curious about?

Have students choose some they might like to do (as an individual or as a group) that will give them certain benefits.