

Subtopic 3a: Exploring Your Free Time (outside of school)

Free time gives kids the chance to relax, be themselves, and learn what they enjoy. For this topic, students will reflect on how they currently spend their time outside of school and what benefits (physical, connection, fun, learning, resourcefulness, movement, creativity) they get from different activities. They'll also begin to notice which activities might not be helping them feel their best.

This topic can be explored not only through discussion but also through observing and reflecting on their free time outside of the school day.

Student goals:

- Explore how they currently use their free time outside of school.
- Identify the benefits they get from different activities.
- Build awareness of the difference between healthy and less healthy ways to use their time.

Time Frame:

- 30–45 minutes Flexible timing/ adaptable format: Can be completed in short segments or extended across multiple sessions.

Example Conversation Starter:

“What do you like to do when school is over or on the weekend? and who chooses what you do?”

“How do you feel after doing that activity? Is it different from how you felt before?” (ask about screen time related to this question)

“What are some things you do just because you enjoy them? What do you learn from them?”

Discussion Questions:

- **Daily/Weekly Time Use Mapping:** Have students draw or list what they usually do during their free time each day or week outside of school or program.

- **Discussion:** What do you notice? What activities help your body? Your brain? Your friendships?
- **Review Live Your Why (LYW) Themes:** Briefly show the Live Your Why wellness categories (Moving Your Body, Connecting with People, etc). Ask students to match one or two of their free time activities to the LYW themes.
- **Exploration:** Ask students what they would like more or less of outside of school?
- **Set a leisure goal** for the after school, before school, the weekend or next week or even an upcoming vacation.
- **Optional Extension (for younger grades):** Use [Zones of Regulation](#) to explore how different activities make them feel. [See Zones of Regulation Subtopic](#) for more on this.