

Subtopic 6: Using Live Your Why Wellness Themes to Plan and Reflect

This session introduces students to the Live Your Why (LYW) wellness themes/leisure benefits and helps them reflect on their own free time activities. Students will learn to connect activities they enjoy with their personal benefits, and begin to think about how to create more balance and variety in how they use their time.

Student goals:

- Focus on Live Your Why wellness themes/leisure benefits and plan activities based on them.
- Reflect on the balance of their free time and set a simple goal for variety.

Materials:

- [Share Your Why Activity Packet \(PDF\)](#)

Activity/Discussion (Older Elementary)

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

Example Conversation Starter:

"We all spend our free time in different ways—playing, hanging out with friends, creating, helping others, or learning new things. The things we choose to do can help our minds, bodies, and hearts feel good. Today we're going to explore different ways our activities can help us feel better and grow. These are called the Live Your Why wellness themes (also known as leisure benefits)."

Sorting and Matching

Show the list and give a brief example for each theme. You can use pages from the [Live Your Why Elementary Activity Worksheets](#) to help students understand the categories in an engaging, age-appropriate way.

Hand out the wellness themes on a chart or use a page from the [Share Your Why Activity Packet](#) for planning and reflection.

Encourage a short pair/share or small group conversation about one activity and what theme it supports.

As a class, create a chart showing which themes are most and least common. Talk about why variety is important.

Have each student start with one theme from the Share Your Why Activity Packet and work towards all of the themes.

Reflect:

"What do you notice about your activities? Are they mostly in one category or spread out?"

"What's one new activity you might want to try to add variety to your free time?"

For a future program: Plan a Live Your Why group activity as a class, or incorporate into choice time or recess.