

Subtopic 2: Relationships and Belonging in Free Time

We often choose how to spend our time based on the people we care about. Friends, classmates, and family help us feel connected, and we can do the same for others. Making sure everyone feels welcome and included makes free time more fun with opportunities for all.

Student Goals:

- Explore how relationships influence leisure choices (and vice versa)— and how leisure can strengthen relationships
- Understand the importance of inclusion and equity in play and social connection
- Notice exclusion and begin to practice ways to respond or include others

Timeframe:

- 30–40 minutes **Flexible timing/ adaptable format:** Can be completed in short segments or extended across multiple sessions.

Example Conversation Starters:

- “Who do you like to spend time with during free time?”
- “When do YOU choose the activity or location and then play with who is there?”
“When does the opposite happen?”
- “Have you ever felt left out or seen someone else feel left out?”
- “What can we do to make sure everyone feels included?”

Activity Options:

Interactive role-play:

- Brainstorm or Create short “inclusion scenarios” like:
 - A student is sitting alone at recess.
 - A new classmate doesn’t know how to play a game.
 - Someone wants to play but uses a wheelchair.

- Act out or discuss: “What could we do in this situation to help everyone feel welcome?”

Equity reflection:

- Ask:
 - “Does everyone always get the same chances to play?”
 - “What might make it hard for some kids to join in?”

Create a class “Inclusion Pledge” or “We ALL Belong” visual or project