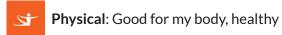
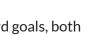
Exploring My Free Time Use this activity to explore the benefits of leisure.

In column 1 list things you do with your free time after school and on weekends. In column 2 indicate how much time you spend at each activity. In column 3 put a + if you like the activity or a - if you dislike the activity. In column 4 put a * by the activities you consider leisure activities. Then, in column 5 indicate the benefits you experienced by engaging in this leisure activity.

Activities I do on a regular basis	Time I spend at this activity	Like + Dislike -	Leisure Activities	Physical 6	Social	Mental	Future	Psychological	Spiritual	Natural	Creative	Community
	1 2 3 4 5 A Little Some A lot											
	1 2 3 4 5 A Little Some A lot											
	1 2 3 4 5 A Little Some A lot											
	1 2 3 4 5 A Little Some A lot											
	1 2 3 4 5 A Little Some A lot											





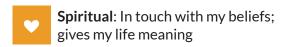
Social: Time with friends, family or new people



Future: Working toward goals, both school and career



Psychological: Feeling good about myself, stress release



Natural: Appreciating nature, animals and the environment

