

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.

1	2	3	4	5
Activities I do on a regular basis	Time I spend at this activity	Like + Dislike -	Leisure Activities	Physical 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			☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



Physical: Good for my body, healthy



Future: Working toward goals, both school and career



Natural: Appreciating nature, animals and the environment



Social: Time with friends, family or new people



Psychological: Feeling good about myself, stress release



Creative: Building, drawing, writing or creating something



Mental: Intellectually challenging



Spiritual: In touch with my beliefs; gives my life meaning



Community: Helping people, animals, the community or the environment