



## TIMEWISE, 2<sup>ND</sup> EDITION HIGH SCHOOL & BEYOND



# Session 4: Taking Charge of Your Time

## Discussion

*"In the long run, we shape our lives, and we shape ourselves.  
The process never ends until we die.  
And the choices we make are ultimately our own responsibility."*

**ELEANOR ROOSEVELT, FORMER FIRST LADY OF THE UNITED STATES**

What does this quotation make you think about?

Consider this quotation (or any others) about shaping ourselves. Our choices come with consequences, which can be either positive or negative. Many times we don't know how things will turn out. Today let's focus on how we shape ourselves into the person we want to become.

Consider using parts of [this video](#) that shows teens overcoming stereotypes to engage in sport activity. Can also dovetail into a discussion about various cultures and the role of sport and recreation. Check out Leisure For All.

You might also explore other categories of types of leisure activities.

<https://www.unicef.org/rosa/stories/power-sports-shape-future-adolescents>

## Activity/Reflection

1. What factors have shaped who you are today?
2. How does social media affect our ability to shape ourselves?
3. How does what you do in your leisure time help to shape you?

4. Do you ever do things in your free/leisure time to shape other people's opinion of who you are? If yes, describe how and why.
5. What steps can you take to become better at taking charge of your free time to get benefits and avoid negative consequences?
6. How much control do you think you have over what you do in your free time?
7. When you are bored or feel like you have nothing to do or spending too much time doing something that is not offering you benefits, what do you do to get out of that state?

Activity 1 Work sheet, My Leisure Goal  
Leisure Goal setting.

Activity 2 Work Sheet: Variety and Balance

**Time saved for students and teachers to connect, plan for individual and communal free time in the future or have free time to choose on the spot in the classroom.**

#### VARIETY AND BALANCE Try a new activity and list it below

New Activity

1 How did this experience make you feel?




---

---

---

2 How did the experience fit in with your goals and/or personality?

---

---

---



3 Describe interactions you had through engaging in this activity.




---

---

---

1

#### VARIETY AND BALANCE Respond based on your new activity

4 How did this experience make you feel accomplished?




---

---

---

5 How were your strengths used in this activity?

---

---

---



6 What did you learn?




---

---

---

2

## My Leisure Goal Use this activity to create your own SMAC goal

ACTIVITY	STEP 1	Choose something that interests you	
CONTEXT	STEP 2	Identify constraints	
	STEP 3	Identify resources to help you overcome constraints	
ACTIVITY	STEP 4 <sub>a</sub>	Make a SMAC goal	
		Specific?	Yes No Maybe
		Measureable?	Yes No Maybe
		Achievable?	Yes No Maybe
		Congruent?	Yes No Maybe
ACTIVITY	STEP 4 <sub>b</sub>	Make an action plan	
EXPERIENCE	STEP 5	Think	

1