



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



# Session 9: Community Resources

For more resources and ideas for this topic see [Leisure is for Everyone](#) (add link to Leisure Is for Everyone)

## Discussion

The concept of sense of place or place attachment is about the bond people feel with their environments. It comes from personal experiences, social interactions, and how much you feel like you belong there. It also connects to the resources and opportunities available at that “place.” A “place” could be a park, community center, school, neighborhood, river, ski slope, or anywhere you spend time.

- **Prompt for students:** Identify the places you feel attached to. Why do these places matter to you?

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## Activity / Reflection

### 1. Mapping Community & School Resources

- Using a local map, draw or label places in your school or community where you can play, create, or learn.
- Use colors or symbols to show:
  - Green = I already go here

- Blue = I want to try this
- Yellow = Could be created

## 2. Relationships and Belonging in Free Time

- Think about who you spend free time with. How do your friends, classmates, or family influence your choices?
- Reflect: How can you make sure everyone feels included during free time?

## 3. Leisure as a Human Right

- Remember: Everyone has the right to **play, rest, and be part of fun activities** (UNCRC, Article 31).
- Reflection questions:
  - Why is free time important?
  - What would happen if people didn't get enough time to play or relax?

## 4. Helping Others & Creating Opportunities

- Brainstorm ways to help others feel included or create new opportunities for play or leisure.
- Questions to guide:
  - What's missing in your school or community?
  - How could you create something new for yourself or others?

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## Debrief / Reflection Questions

- What might you want to **change or improve** in your community so you feel a stronger sense of attachment?
- What would your **ideal community** include to support leisure, fun, and belonging?

- What **resources** are available to help you and others enjoy your free time?