



LIVE TIMEWISE HIGH SCHOOL & BEYOND



Session 1: Choosing Time vs. Filling Time

Conversation Starter

- What was one thing you did during this week or weekend that you enjoyed more than other things you did?
 - Share why you chose it and something you liked about it.

Activities

Show this picture (or choose one that would work for your situation) either on a screen or print out a hard copy.



Discuss

- What's going on in this picture? What about the picture led you to say that? Now dig deeper? What else is going on in this picture?
- Are they doing this because they have nothing else to do? Are they getting benefits? Are they choosing it? Are they wasting/just filling time? Both? If so, what benefits are they getting? (yes, they may be getting benefits!)
- Do you think they are bored or interested in what they are doing?

What is free time and what is leisure?

Free time is time away from work, school, and obligations. It can include eating, sleeping, personal care, and chores.

Think of free time as open potential to do things you choose to do that bring you happiness, relaxation, excitement, meaning, etc. When we choose these types of things, and we experience fun, joy, satisfaction, and well-being, we call that leisure. Leisure is when you feel a sense of freedom from work or school-related responsibility, and you choose to do things that make you happy. Many times, leisure activities give us personal meaning. Free time is not always leisure because often in free time we have to do things that are more chore-like or are things like personal maintenance..

- In this picture, are they experiencing free time or leisure? (or, neither or both?)
- Look at the picture again. If you were in this picture, would you be bored or interested in what you are doing?

Divide the class into groups of 2s or 3s and have a timed brainstorm of 2-3 minutes to address to the topic:

- If the two/three of you were in the picture, brainstorm possibilities of what you (or others) might do to make the time more interesting or fun? Be creative!

Debrief

1. Think about what you do during your time– are you choosing time or (just) filling time?
2. What goal can you set for your own free time and leisure?

Something to Think About!

