

Subtopic 1: Comparing Terms--Free and Leisure Time

The main purpose for introducing this concept is to focus on how leisure can be healthy and provide benefits, and be enjoyable, satisfying, and often meaningful. Free time is often associated with being bored, having nothing to do, or having to do chores or other obligations.

Example Conversation Starters

- What was the favorite thing you did over the summer (or weekend, or another time period that makes sense) and why was it your favorite?
- How did you feel when you were doing your favorite activity?
- How do you feel when you are doing something you don't really like to do?

Think about how much free time you had over the summer (or weekend, or...). These TimeWise2 sessions are going to help us all think about what we do in our free or leisure time. What do we mean by free time? By leisure time?

- What exactly is free time? What about leisure time?
- How do you feel during your free time and leisure time?
- Is free time always enjoyable? satisfying?

Suggestions for Questions and Comments Regarding Comparing Terms (use overhead slide if desired)

When a person doesn't have to do something like school, homework, or chores, they have free time, which is an opportunity to choose something to do that they enjoy and that balances out other obligations!

But sometimes that is a challenge because someone may not know what to do. So, maybe they sleep, eat, look at screens, or just hang out and do nothing. On the other hand, people can use that free time in ways that are fun, exciting, creative, physically active, and social; as well they can learn skills or knowledge or help others. There are many benefits to be gained through healthy use of free time, which will be discussed in the next session. The difference between free and leisure time is a nuanced discussion

because both free time and leisure time can be associated with either positive or negative emotions and outcomes.

As seen in the slide, there is an overlap between the two, and often people use the words interchangeably, as we sometimes do.

Most people believe that leisure is not only how one spends time, but is a state of mind that comes from a person freely choosing to do what give them pleasure, fun, and/or satisfaction.

A lot of people think leisure means you're relaxing and doing nothing. And of course, there is nothing wrong with that! We all need to have time to relax and do nothing. That can be an important way to relieve stress. But having nothing to do is also related to being bored and thinking that nothing is interesting, or it is "stupid" and you don't like it.

The important point regarding leisure is that leisure is most enjoyable and satisfying if you are doing something (or nothing but relaxing) because you **CHOSE** to do it and you are not doing it because you have to or you are doing it to please someone else.

