

Use TimeWise Student Book (pages 22 and 23) and TimeWise Teacher Manual (pages 46-49) to discuss finding community opportunities.

Subtopic 3: What does a sense of belonging to one or more communities mean?

Having a sense of belonging to a community provides numerous benefits, including improved mental and physical health, increased life satisfaction, and a stronger sense of purpose. It can also foster resilience, reduce stress and isolation, and offer opportunities for personal and professional growth.

The concept of sense of place or place attachment has to do with the bond people feel with their environments. It is shaped by personal experiences, social interactions, and how much you feel like you belong there. It also has to do with the resources and opportunities available at the “place.” The “place” can be a river, community, neighborhood, park, ski slope, and so on.

Identify the places you feel an attachment to.

Discuss

- What might you want to change or improve in your community so that you have a stronger place of attachment or bond, feeling of being valued?
- What does it mean to you to belong to a community?
- What feelings do you get by belonging?
- Are there other communities that you might like to belong to?

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Summarize

It is important for us all to feel a sense of belonging to one or more communities. Today we focused on the community we live in and the resources that are available. You also discussed what resources you would like to have. No community is perfect but every member of a community should be responsible for doing their part to make it the best possible. Think about all the communities you belong to and how you could contribute to making them better and stronger.

You may also want to review *Leisure is for Everyone, Global Citizenship* and the high school and elementary school sessions on this topic for more ideas.