

Subtopic 1: How I Spend My Time and Why Do I Do It?

Example Conversation Starters

- What is the main motivation for eating?
- What about using social media? You might have several different reasons for using social media. What are they?

Recognizing patterns in how we spend our time is helpful to understanding how we sometimes feel positive and sometimes unhappy about what we do in free time.

Patterns give us some ideas of what types of changes we can make to have better, more satisfying and healthy free time.

Every person has different reasons (motivations) for doing things. We will talk about motivations in more detail in the next session because there are often multiple reasons for doing something. For now we will keep it simple and just talk about the main reason we do things.

Just like benefits, not everyone does the same activity for the same reason (or get the same benefits).

Activity 1: Complete TimeWise Journal Analysis (page 12 in student book).

Discussion Questions:

- Were you surprised at how you spend your time and why?
- What about how you felt during the activity? Were you more bored or more interested in what you were doing?
- What is the relationship between motivation and feelings in an activity?
- How do you feel about the amount of free time and leisure time you have during the day or week?
- How many times did you do something because you had to? Wanted to? Had nothing else to do?
- Think about how often you typically do something because you have to. How do you generally feel about that?