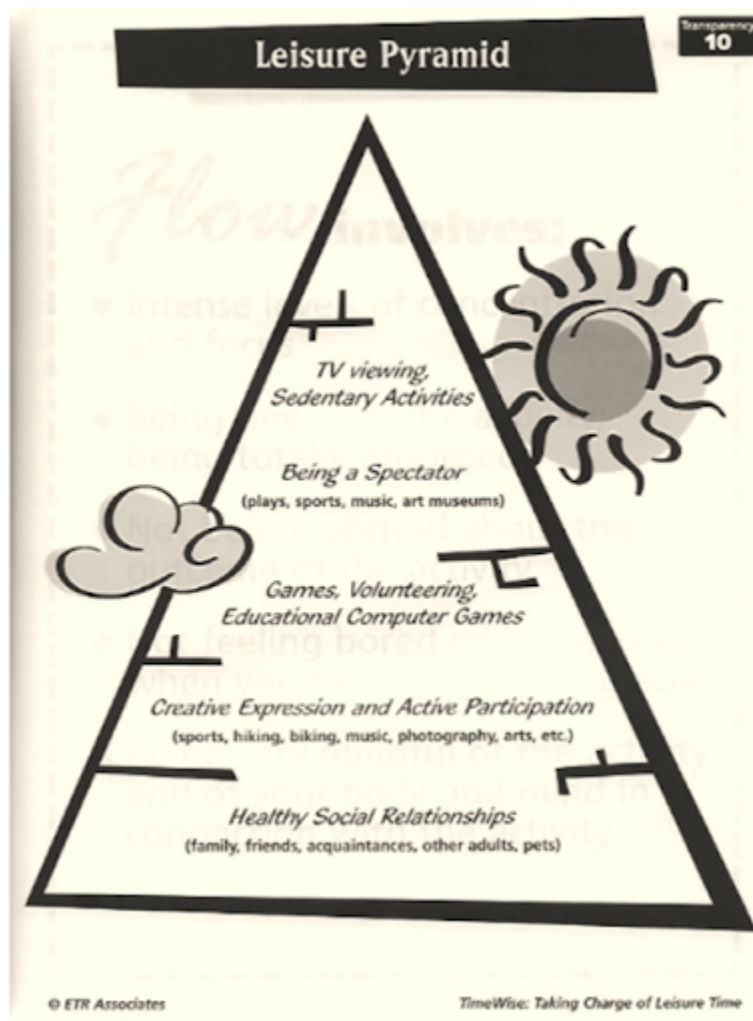


Subtopic 2: Leisure Pyramid

Here is another way to look at having a healthy balance of leisure activities.

Maybe you've studied the pyramids in Egypt. Pyramids are strong structures because they have a strong foundation, and are built up layer by layer. The foundation supports all the layers above it, and each layer is strong enough to hold the layer above it.

Just as some foods are healthier for you than others and give you a strong foundation to go about your day, some activities are healthier for you than others and provide the foundation for a healthy leisure lifestyle.



Discuss

- Why are the activities at the bottom healthier and give you more benefits?
 - [You are more engaged and focused, creative]
- Why are the activities at the top give you the fewest benefits?
 - [They may be enjoyable and needed, like to relax, but we are not as engaged and more passive. They are more likely to be boring and not interesting. We need fewer of those activities]
- Where does texting, TikTok, snapchat or other social media fit in?
- What is missing?
- Can some activities in the pyramid bring harm to yourself or others? Discuss.
[Examples of activities that can cause harm to yourself are substance abuse; dangerous high-risk activities; and too much or not enough sleeping, eating, relaxing, or exercising. Activities that can cause harm to others include substance misuse, inappropriate competition, bullying, gossip, fighting, hurting animals, breaking the law, and so on.]



Summarize

When you are setting goals and planning for your leisure time, you also want to consider how much variety you have in your activities, and you'll want to make sure you have a balance of different types of activities. Variety means that you should have a good mix of things you enjoy and have done for a long time, and those that you would like to explore, that might give you different benefits.

Balance means that you have a good balance of leisure time, homework, family time, and sleep.

Think about your upcoming week. How much variety and balance will you have in your leisure time?

Set one or two goals about something you would like to change in order to get more variety and balance in your week.