

Subtopic 1: Leisure Pyramid Review

The Leisure Pyramid suggests we have better experiences when we do activities that are engaging and that we are “all in” and are fully present when we do the activity. This happens most often with activities on the bottom rungs of the pyramid, because these activities are more engaging and our minds don’t wander as much because we are more focused.

Ask and discuss:

- Would anyone like to share an activity they do in which you are sort of into it, but sort of not, or when you are a little bored, or maybe wishing you were doing something else?
- Would anyone like to share an activity they do in which you become completely engaged and involved in the activity?

Locate the activities on the Leisure Pyramid.

Discuss elements of the activities shared that fit on the top rungs of the pyramid [bored, restless, not paying a lot of attention, etc.]

Discuss elements of the activities shared that fit on the bottom rungs of the pyramid [focused, enjoyable, concentration, feeling competent/having the skill to do the activity, etc.].