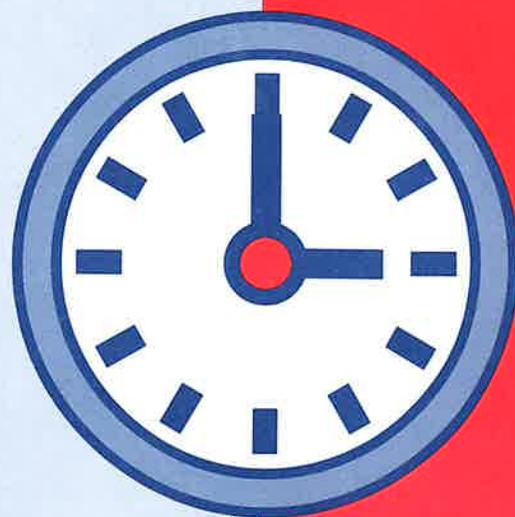


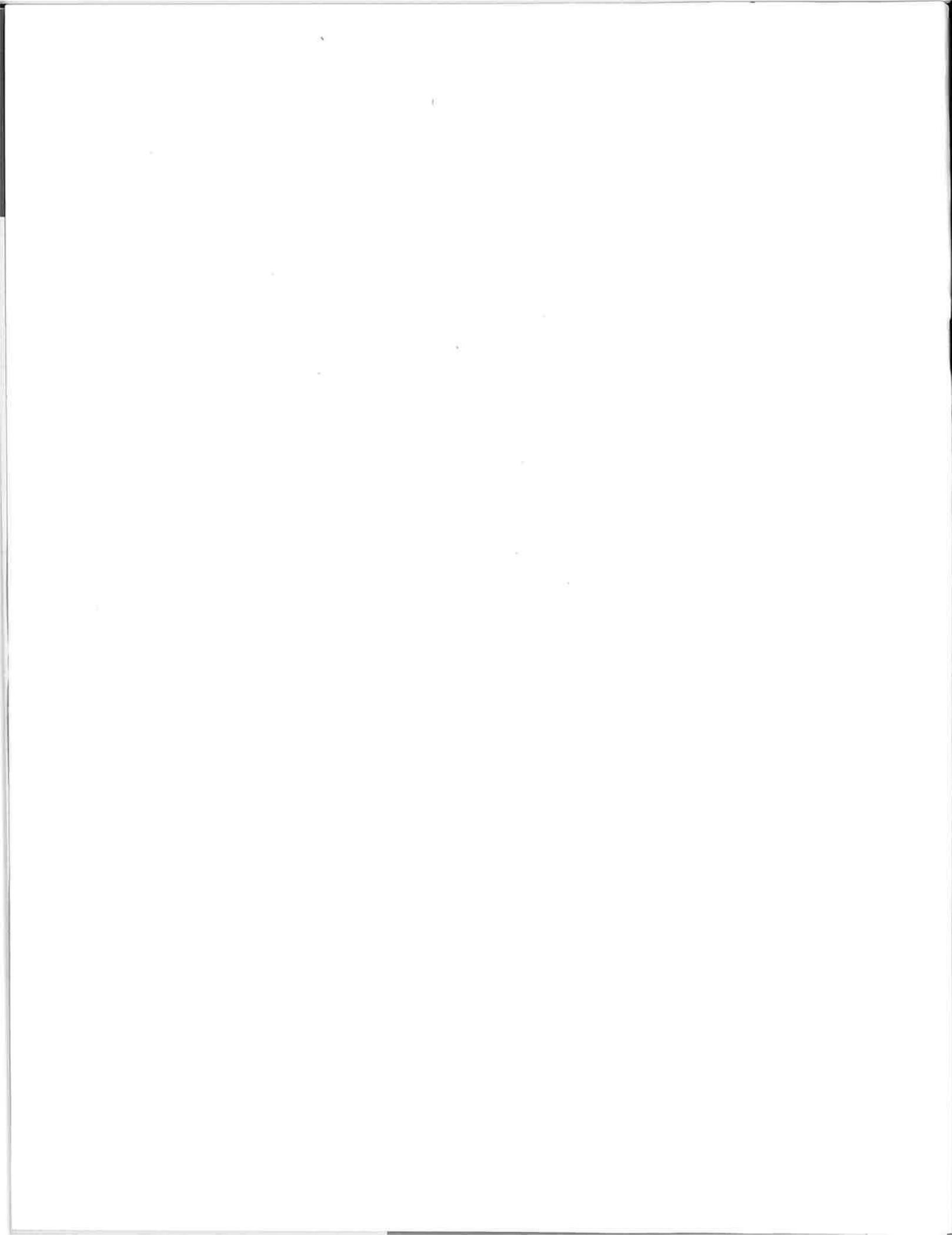
TimeWise

Taking Charge
of Leisure Time

Preventing
Substance Use

Student Book





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Exploring Leisure Activities



TimeWise Message

Leisure activities are important
and can improve my life!

- Leisure activities can be good for my health and my future.
- The pattern of my leisure activities is my leisure lifestyle.
- A healthy leisure lifestyle helps me avoid alcohol and other drugs, unhealthy eating and other risky behaviors.

TimeWise Message

I'm responsible for how
I spend my free time.

- It's up to me to determine what I do in my free time.
- I need to choose activities that have benefits. Some activities are more beneficial than others.
- Each activity has different benefits. I should try to get all the benefits possible from my free time.

Benefits from Leisure Activities

Physical

Social

Mental

Future

Psychological

Spiritual

Natural

Creative

Community



Exploring My Free Time

Directions: In column 1 list things you do with your free time after school and on weekends. In column 2 indicate how much time you spend at each activity. In column 3 put a + if you like the activity or a - if you dislike the activity. In column 4 put a * by the activities you consider leisure activities. Don't complete column 5 until your teacher tells you to.

1 Activities I do on a regular basis	2 Time I spend at this activity 1 2 3 4 5 A little Some A lot	3 Like + Dislike -	4 Leisure activities	5 Benefits								
				Physical	Social	Mental	Future	Psychological	Spiritual	Natural	Creative	Community
	1 2 3 4 5 A little Some A lot			<input type="radio"/>								
	1 2 3 4 5 A little Some A lot			<input type="radio"/>								
	1 2 3 4 5 A little Some A lot			<input type="radio"/>								
	1 2 3 4 5 A little Some A lot			<input type="radio"/>								
	1 2 3 4 5 A little Some A lot			<input type="radio"/>								
	1 2 3 4 5 A little Some A lot			<input type="radio"/>								
	1 2 3 4 5 A little Some A lot			<input type="radio"/>								

 **Physical:** Good for my body, healthy.

 **Social:** Time with friends, family or new people.

 **Mental:** Challenging myself intellectually.

 **Future:** Working toward goals—school and career.

 **Psychological:** Feeling good about myself; stress release.

 **Spiritual:** In touch with my beliefs; gives my life meaning.

 **Natural:** Appreciating nature, animals and the environment.

 **Creative:** Building, drawing, writing or creating something.

 **Community:** Helping people, animals, the community or the environment.



My Free Time Profile

Directions: Use your answers from *Exploring My Free Time* activity sheet and follow the step-by-step instructions to complete this activity sheet.

Step 1

List the leisure activities you do most often and the number of benefits you get from each activity. Then use your total benefits score to evaluate your leisure time.

The 3 leisure activities I do most: Number of benefits:

1. _____

2. _____

3. _____

Total benefits = _____

Evaluation

8-10 benefits = Great! You have an excellent balance of leisure time activities.

6-7 benefits = Way to go! You have a healthy number of leisure time activities.

4-5 benefits = Good! But look for activities that will give you additional benefits.

0-3 benefits = Seriously consider finding leisure activities that will give you more benefits.

Step 2

Look at column 5 on the *Exploring My Free Time* activity sheet on page 4. Total the number of times you checked each of these benefits.

 Physical _____

 Future _____

 Natural _____

 Social _____

 Psychological _____

 Creative _____

 Mental _____

 Spiritual _____

 Community _____

Step 3

List the benefits you're missing or would like to increase.

TimeWise Journal

Directions: Complete one journal page each day for 4 days. Record everything you do all day long beginning Friday morning and ending Monday night. You don't have to write on every line. If an activity takes longer than 15 minutes, block off how much time it took. (See the Sample below.)

In the "Why" column write the letter that best matches why you did each activity.

H (*Had to*)—Someone expected you to do the activity.

W (*Wanted to*)—You did the activity because you wanted to.

N (*Nothing else to do*)—You were only doing this activity because you had nothing else to do.

P (*For a purpose*)—You wanted to do the activity to benefit your future or help meet a goal.

O (*What others think*)—You wanted to do the activity for what others would think of you.

In the "I felt" column, write the letter that best matches how you were feeling while you did the activity.

B (*Bored*)—You were bored with the activity.

I (*Interested*)—You were interested in what you were doing.

O (*Other*)—You experienced a different feeling than bored or interested.

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TimeWise Journal Page

Why?
 (H) Had to (W) Wanted to
 (N) Nothing else to do (P) For a purpose
 (O) What others think

How did you feel?
 (B) Bored
 (I) Interested
 (O) Other

	Morning	Why?	I felt...	Afternoon	Why?	I felt...	Evening	Why?	I felt...
7:00				12:15			5:15	read magazine	W I
7:15				12:30	school	HP I	5:30	"	
7:30	showered/dressed	HO	O	12:45	"		5:45	"	
7:45	ate breakfast	W	O	1:00	"		6:00	ate dinner	W O
8:00	walked to school	H	O	1:15	"		6:15	"	
8:15	"			1:30	"		6:30	washed dishes	H B
8:30	school	HP	I	1:45	"		6:45	other chores	H O
8:45	"			2:00	"		7:00	talked on phone	W I
9:00	"			2:15	"		7:15	"	
9:15	"			2:30	"		7:30	homework	HP BI
9:30	"			2:45	"		7:45	"	
9:45	"			3:00	walked home	H O	8:00	"	
10:00	"			3:15	"		8:15	"	
10:15	"			3:30	practiced guitar	WP I	8:30	"	
10:30	"			3:45	"		8:45	"	
10:45	"			4:00	"		9:00	watched TV	N B
11:00	"			4:15	"		9:15	"	
11:15	"			4:30	walked the dog	HW I	9:30	"	
11:30	"			4:45	"		9:45	"	
11:45	"			5:00	"		10:00	"	
12:00	ate lunch with friends	WO	I						

Day of Week Monday

Sample Page

TimeWise Journal Page

Why?

- (H) Had to (W) Wanted to
- (N) Nothing else to do (P) For a purpose
- (O) What others think

How did you feel?

- (B) Bored
- (I) Interested
- (O) Other

Morning



Why?

I felt...

7:00 _____
 7:15 _____
 7:30 _____
 7:45 _____
 8:00 _____
 8:15 _____
 8:30 _____
 8:45 _____
 9:00 _____
 9:15 _____
 9:30 _____
 9:45 _____
 10:00 _____
 10:15 _____
 10:30 _____
 10:45 _____
 11:00 _____
 11:15 _____
 11:30 _____
 11:45 _____
 12:00 _____

Afternoon



Why?

I felt...

12:15 _____
 12:30 _____
 12:45 _____
 1:00 _____
 1:15 _____
 1:30 _____
 1:45 _____
 2:00 _____
 2:15 _____
 2:30 _____
 2:45 _____
 3:00 _____
 3:15 _____
 3:30 _____
 3:45 _____
 4:00 _____
 4:15 _____
 4:30 _____
 4:45 _____
 5:00 _____

Evening



Why?

I felt...

5:15 _____
 5:30 _____
 5:45 _____
 6:00 _____
 6:15 _____
 6:30 _____
 6:45 _____
 7:00 _____
 7:15 _____
 7:30 _____
 7:45 _____
 8:00 _____
 8:15 _____
 8:30 _____
 8:45 _____
 9:00 _____
 9:15 _____
 9:30 _____
 9:45 _____
 10:00 _____

Day of Week _____

TimeWise Journal Page

Why?

- (H) Had to (W) Wanted to
- (N) Nothing else to do (P) For a purpose
- (O) What others think

How did you feel?

- (B) Bored
- (I) Interested
- (O) Other

Morning



Why?

I felt...

7:00
7:15
7:30
7:45
8:00
8:15
8:30
8:45
9:00
9:15
9:30
9:45
10:00
10:15
10:30
10:45
11:00
11:15
11:30
11:45
12:00

Afternoon



Why?

I felt...

12:15
12:30
12:45
1:00
1:15
1:30
1:45
2:00
2:15
2:30
2:45
3:00
3:15
3:30
3:45
4:00
4:15
4:30
4:45
5:00

Evening



Why?

I felt...

5:15
5:30
5:45
6:00
6:15
6:30
6:45
7:00
7:15
7:30
7:45
8:00
8:15
8:30
8:45
9:00
9:15
9:30
9:45
10:00

Day of Week _____

TimeWise Journal Page

How did you feel?

- (B) Bored
- (I) Interested
- (O) Other

Why?

- (H) Had to (W) Wanted to
- (N) Nothing else to do (P) For a purpose
- (O) What others think

Why?

I felt...



Evening

Why?

I felt...



Afternoon

Why?

I felt...



Morning

7:00

7:15

7:30

7:45

8:00

8:15

8:30

8:45

9:00

9:15

9:30

9:45

10:00

10:15

10:30

10:45

11:00

11:15

11:30

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12:00

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6:00

6:15

6:30

6:45

7:00

7:15

7:30

7:45

8:00

8:15

8:30

8:45

9:00

9:15

9:30

9:45

10:00

Day of Week _____

TimeWise Journal Page

Why?

- (H) Had to (W) Wanted to
- (N) Nothing else to do (P) For a purpose
- (O) What others think

How did you feel?

- (B) Bored
- (I) Interested
- (O) Other

Morning



Why?

I felt...

7:00
7:15
7:30
7:45
8:00
8:15
8:30
8:45
9:00
9:15
9:30
9:45
10:00
10:15
10:30
10:45
11:00
11:15
11:30
11:45
12:00

Afternoon



Why?

I felt...

12:15
12:30
12:45
1:00
1:15
1:30
1:45
2:00
2:15
2:30
2:45
3:00
3:15
3:30
3:45
4:00
4:15
4:30
4:45
5:00

Evening



Why?

I felt...

5:15
5:30
5:45
6:00
6:15
6:30
6:45
7:00
7:15
7:30
7:45
8:00
8:15
8:30
8:45
9:00
9:15
9:30
9:45
10:00

Day of Week _____

Checking Out My Motivation



TimeWise Message

Why I do what I do in my leisure time affects how I feel.

- Whenever possible, I do leisure activities I choose and like.
- I have a responsibility to compromise with my family and friends.
- I can choose to do things in my free time that serve a specific purpose or will help me reach a goal.

TimeWise Message

I need to figure out how to get the most out of my free time.

- I can get the most benefits if I take responsibility for understanding what I do in my leisure time and why I do it.
- I know I sometimes have to compromise with my friends and family. But I make sure I don't do things just to please others or make a impression on them.

Type of Motivation

- * *Have to*
- * *Nothing else to do*
- * *Want to*
- * *For a purpose*
- * *What others think*



TimeWise Journal Analysis

Directions: Review your *TimeWise Journal Pages* and answer the questions.

How many times did I do things because I **had to**? _____

How did I **feel** about those activities?

How many times did I do things because I **wanted to** do them? _____

How did I **feel** about those activities?

How many times did I do things because I had **nothing else to do**? _____

How did I **feel** about those activities?

How many times did I do things **for a purpose** (to achieve a goal)? _____

How did I **feel** about those activities?

How many times did I do things because of **what others might think**? _____

How did I **feel** about those activities?



My Motivation Pattern

Create a pie chart inside the stop watch that shows how much time you spend doing things for each reason (had to, wanted to, had nothing else to do, for a purpose or because of what others might think).

The biggest piece of the pie should go to the reason that has the highest number, the next biggest piece of the pie goes to the next highest number, and so on.

Activity Tic-Tac-Toe

Directions: In each square, write an activity you'd like to try. When your teacher tells you to, find a person who has done each of these activities and ask him/her:

- Why he/she does or did the activity (motivation).
- What benefits he/she gets or got from the activity.

Write the person's motivation (M) and benefits (B) in the square for that activity. Your goal is to fill in 3 squares in a row!

Activity: _____ _____ M _____ _____ B _____ _____	Activity: _____ _____ M _____ _____ B _____ _____	Activity: _____ _____ M _____ _____ B _____ _____
Activity: _____ _____ M _____ _____ B _____ _____	Activity: _____ _____ M _____ _____ B _____ _____	Activity: _____ _____ M _____ _____ B _____ _____
Activity: _____ _____ M _____ _____ B _____ _____	Activity: _____ _____ M _____ _____ B _____ _____	Activity: _____ _____ M _____ _____ B _____ _____

Exploring My Motivation

Directions: In the first column, list the leisure activities you do most often. Then think about *why* you do these activities. In the second column, identify the main reason you do each activity. Choose from the motivations listed on the right. Then think about whether the activity is boring or interesting to you, and write a “B” or an “I” in the third column. Then write a few sentences about what you’ve learned.

Activities I Do Regularly	My Motivation	Boring or Interesting?

Types of

MOTIVATION

Have to

Parents/teachers/coaches/relatives expect me to do it.
I don't really want to do it.

Want to

I like it.
It's challenging.
I want to know/learn more.

Nothing Else to Do

It's not that interesting.
I'm not good at it.
I don't really care.

With a Purpose

To benefit my future.
To develop new skills.
To fulfill a goal.

What Others Think

To not feel guilty.
To be popular.
To create an image.

What did you notice about your leisure activities, your motivation and how you feel?

Interview with an Adult

Directions: Conduct an interview with an important adult in your life. Ask about how this person spent his or her free time as a teen. Be sure to explain the types of benefits and motivations to the person you interview.

Name of person you are interviewing: _____

1. When you were my age, what were your favorite leisure activities?

2. What benefits did you get from these activities? (Circle the benefits mentioned.)

Physical Social Mental Future Psychological
Spiritual Natural Creative Community

3. People have different reasons for participating in their leisure activities. For each type of motivation, name an activity that you did because of that motivation.

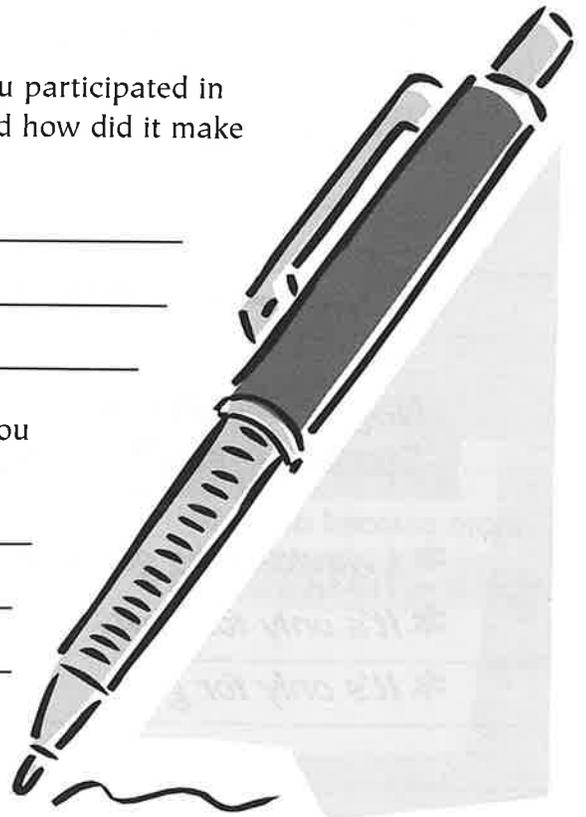
Have to: _____ Want to: _____

Nothing Else to Do: _____ For a Purpose: _____

What Others Think: _____

4. When you were my age, was there a leisure activity you participated in that contributed to who you are today? What was it and how did it make a difference?

5. Do you have any advice or tips for making the things you have to do more fun or interesting?



Beating Boredom & Developing Interests



TimeWise Message

I can do things to prevent boredom and make my free time interesting.

- Being bored in leisure time can lead to unhealthy activity choices.
- Changing a boring situation into something more interesting requires effort.
- I can avoid getting into a rut and doing things out of habit.
- I can develop strategies to avoid being bored.

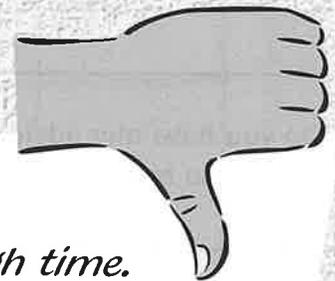
TimeWise Message

Long-term interests give me a lot of benefits.

- When I stick with an activity over time I get the benefits of becoming more competent and meeting new people.
- There are many leisure activities available in my community.
- Stereotypes can prevent me from developing a new interest.

Negative Attitudes and Stereotypes about Activities

- * *I wouldn't be good at it.*
- * *It's only for boys.*
- * *It's only for girls.*
- * *I don't have enough time.*
- * *My friends won't do it with me.*
- * *My friends will make fun of me.*



What Makes Something Boring or Interesting?

Directions: Interview a partner to find out 3 activities he or she found boring and why, and 3 activities he or she found interesting and why. Then, with your same partner, brainstorm a list of ways to avoid becoming bored and a list of ways to become more interested in things.

What makes something boring?

- It's the same thing over and over.
- You don't know what else to do.
- Nothing ever changes.
- It's too easy and there's no challenge.
- It's easy to keep doing the same things and hard to be motivated to do something else.
- You're waiting for something or someone.

What makes something interesting?

- You really like to do it.
- You feel good about yourself when you do it.
- It's fun.
- There's the right amount of challenge (not too hard, not too easy).
- It matches your personality and helps you express who you are.



My partner's boring activities:

1. _____
2. _____
3. _____

What made these activities boring?

1. _____
2. _____
3. _____

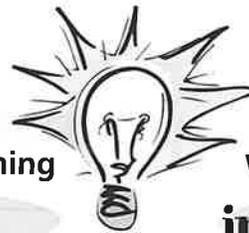


My partner's interesting activities:

1. _____
2. _____
3. _____

What made these activities interesting?

1. _____
2. _____
3. _____



Ways to avoid becoming bored:

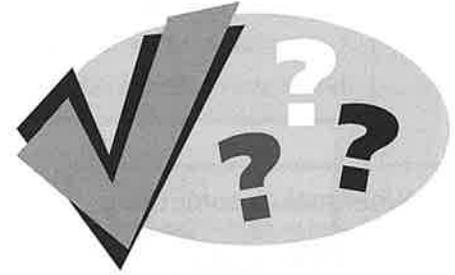
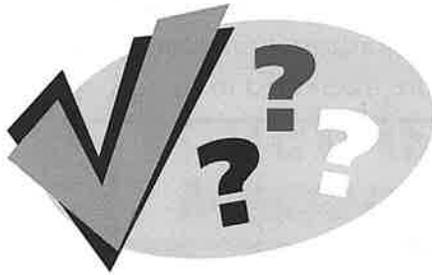
1. _____
2. _____
3. _____

Ways to become more interested in things:

1. _____
2. _____
3. _____

New Interest Inventory

Directions: Place a checkmark beside the activities you might be interested in trying.



- ___ *Aerobics*
- ___ *Art*
- ___ *Ballet*
- ___ *Riding a bike*
- ___ *Baseball*
- ___ *Basketball*
- ___ *Bowling*
- ___ *Camping*
- ___ *Cheerleading*
- ___ *Using a computer*
- ___ *Taking a class*
- ___ *Canoeing*
- ___ *Cooking*
- ___ *Dance*
- ___ *Diving*
- ___ *Drawing*
- ___ *Fishing*
- ___ *4-H*
- ___ *Gymnastics*
- ___ *Gardening*
- ___ *Hiking*
- ___ *Hockey*

- ___ *Hunting*
- ___ *Inline skating*
- ___ *Juggling*
- ___ *Karate*
- ___ *Learning to type*
- ___ *Watching a movie*
- ___ *Building a model*
- ___ *Painting*
- ___ *Photography*
- ___ *Playing an instrument*
- ___ *Pottery*
- ___ *Reading a book*
- ___ *Riding a horse*
- ___ *Rock climbing*
- ___ *Roller hockey*

- ___ *Running in a race*
- ___ *Singing/Chorus*
- ___ *Soccer*
- ___ *Sewing*
- ___ *Softball*
- ___ *Swimming*
- ___ *Theater*
- ___ *Tennis*
- ___ *Tae Kwon Do*
- ___ *Video games*
- ___ *Volunteering*
- ___ *Volleyball*
- ___ *Weaving*
- ___ *Walking*
- ___ *Writing a story*

Other new interests? 

Narrowing It Down

Activities

Directions: On the 5 lines across the top, list the 5 activities you chose from the *New Interest Inventory*. For each of those activities, circle the possible benefits. Choose the one activity that is “doable” in your community and that you would most like to try and write it inside the circle.



- Physical
- Social
- Mental
- Future
- Psychological
- Spiritual
- Natural
- Creative
- Community



- Physical
- Social
- Mental
- Future
- Psychological
- Spiritual
- Natural
- Creative
- Community



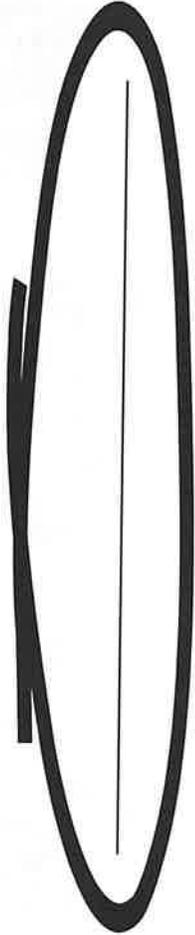
- Physical
- Social
- Mental
- Future
- Psychological
- Spiritual
- Natural
- Creative
- Community



- Physical
- Social
- Mental
- Future
- Psychological
- Spiritual
- Natural
- Creative
- Community



- Physical
- Social
- Mental
- Future
- Psychological
- Spiritual
- Natural
- Creative
- Community



Making an Action Plan



TimeWise Message

I can assess activities that interest me to see if it's possible to do them.

- Planning helps me determine which activities I can pursue.
- I can identify resources to help make my action plan.
- I can gather information about my leisure interests.

TimeWise Message

Roadblocks sometimes get in the way of my leisure interests.

- I can identify possible roadblocks to pursuing my interests.
- I can overcome some roadblocks through careful planning, negotiation or problem solving.
- I always have back-up interests in case I can't do my first activity choice.



Activity Plan

- * *Identify roadblocks and problem solve.*
- * *Identify resources.*
- * *Match interests with resources.*
- * *Set a goal.*
- * *Develop an action plan.*

Identifying Roadblocks

Directions:

- In the first column, list the activity you'd like to explore, plus 2 others from the *Narrowing It Down* activity sheet.
- In the second column, identify roadblocks that might get in the way of your doing each activity.
- In the third column, write some ways to overcome the roadblocks.
- In the last column, write whether the roadblocks you identified are real or perceived.

I would really like to...	But I can't or I won't because...	Ways to overcome the roadblocks	Real or Perceived?

CAUTION
Roadblock Ahead



Where to Find It

Directions: Suppose you want to do the activities listed here. Use the resources to find out where you could go to do the activity and/or whom you would need to call for more information. What questions might you ask if you wanted to participate in that activity?



Activity	Name & Address	Phone Number	Pertinent Questions
<i>You want to join a gym.</i>			
<i>You want to play miniature golf.</i>			
<i>You want to go fishing.</i>			
<i>You want to go horseback riding.</i>			
<i>You want to try rock climbing.</i>			
<i>You want to take karate lessons.</i>			
<i>You want to find out the cost of clarinet lessons.</i>			
<i>You want to learn to make pottery.</i>			
<i>You want to buy a used camera.</i>			

My Leisure Action Plan

Directions: Decide which leisure activity you'd like to pursue, set a goal for how often you'd like to participate (for example, once a week), and for how long (for example, 1 year). Develop your action plan by answering the questions.

Step 1: The leisure activity that interests me is

Step 2: What roadblocks exist?

What are the solutions?

Step 3: Will my parents let me? **Yes** **No**

Step 4: When can I do the activity? (Dates and times)

Step 5: Where can I do the activity?



Continued

To Do Lists

Directions: Make a list of the things you have to do and want to do accomplish each day. Then identify activities you would like to do in your free time. Use your lists to help you plan your time.

Things I have to do this week...

Mon _____

Tues _____

Weds _____

Thurs _____

Fri _____

Sat _____

Sun _____

**Things I would
like to do in
my free time...**

1. _____

2. _____

3. _____

Use this list as a reminder when you suddenly have unexpected free time.

Putting It All Together



TimeWise Messages

I am in charge of making my leisure time healthy and fun!

When I'm bored, I can think about developing new interests.

TimeWise Messages

I keep balance and variety in my leisure activities.

I understand my motivations.
It's OK to compromise sometimes, but I try to be true to myself when I make choices about my leisure time.

I enjoy my leisure time—I'm ***TimeWise!***

TimeWise Review

Directions: Review the things you've learned about in the *TimeWise* lessons.

Benefits from Leisure Activities

-  **Physical**
-  **Social**
-  **Mental**
-  **Future**
-  **Psychological**
-  **Spiritual**
-  **Natural**
-  **Creative**
-  **Community**

Types of Motivation

Have to

Want to

Nothing else to do

For a purpose

What others think

Action Plan

- * Assess the activity.
- * Identify roadblocks and problem solve.
- * Identify resources.
- * Match interests with resources.
- * Set a goal.
- * Develop an action plan.

Negative Attitudes and Stereotypes about Activities

- I wouldn't be good at it.
- It's only for boys.
- It's only for girls.
- My friends won't do it with me.
- I don't have enough time.
- My friends will make fun of me.

Managing Leisure Time

Variety
Balance
Preparation

TimeWise Poems



I Am TimeWise

Tick tock the clock ticks,
the days pass by,
and now I think about the new activities I should try.

It's my life, my schedule, my time.
There's so much out there
the world is mine.

Can I do it?
Should I try?
Will they laugh?
I'll get by.

Look at me...
I have found success.
I made it happen,
I passed the test.

I have tried new things,
made new friends,
seen new places,
started new trends.

I am TimeWise.
I have a plan.
It was up to me,
and I proved "I can."

—Susanne Dubrouillet

Learning to Be TimeWise

*Leisure time, a growing challenge.
How can I get my benefits?
Healthy, unhealthy, what are my choices?
Sometimes I have to plan for it.*

*Developing my interests—avoiding boredom.
Why would I use drugs and alcohol?
If leisure is rewarding, and I'm in control
I'll never have to fake a role.*

*Do I want to? Is there a purpose?
Do I always try to please my friends?
Do I do it just to look good?
My motive's important in the end.*

*I want to. Can I do it?
What do I need to consider?
Roadblocks—challenges that I can face,
As I strive to make my own leisure space.*

*Good decisions, bad decisions.
Leisure has a lot of choice.
But when I plan and manage,
I can have my own voice.*

*Leisure time, a time for me
A time for friends and family.
Benefits, motives and compromise
Will surely make me "TimeWise."*

—LINDA CALDWELL

TimeWise

Free time
can be my time
when I choose to do
the things that matter to me

Whether free time is beneficial
or wasted pointlessly
is something I can influence
ultimately, it is my responsibility

Boredom is a sign
that it is time to stop and ask
why exactly
am I doing this task?

Reasons
make a difference
in how I act and feel
therefore it is important
for me to understand
that my leisure choices say
a lot about who I really am

Roadblocks are challenges
to negotiate
effort, persistence, an action plan
and maybe compromise
will lead me to new interests
at least it is worth a try

Variety and balance
are goals to keep in mind
when I make decisions
about how I'll spend my time

My leisure activities
are about what I like to do
they hold my interest
and can serve a purpose too

—Cheryl Baldwin

TimeWise Creative Pages

Directions: Use these pages for your own poetry, drawings, stories, etc.

TimeWise Messages

Leisure activities are important and can improve my life!

I'm responsible for how I spend my free time.

Why I do what I do in my leisure time affects how I feel.

I need to figure out how to get the most out of my free time.

I can do things to prevent boredom and make my free time interesting.

Long-term interests give me a lot of benefits.

I can assess activities that interest me to see if it's possible to do them.

Roadblocks sometimes get in the way of participating in my leisure interests.

To get the most from my leisure time, I can set goals and make an action plan.

It's my responsibility to manage both planned and unplanned leisure time.

**I am in charge of making my leisure time
healthy and fun!**

When I'm bored, I can think about developing new interests.

I keep balance and variety in my leisure activities.

I understand my motivations. It's OK to compromise sometimes, but I try to be true to myself when I make choices about my leisure time.

I enjoy my leisure time—I'm TimeWise!

Positive Leisure Risks

Directions: Identify 5 leisure activities you can do that will give you excitement, provide you with a challenge or positive risk and be healthy.

1. _____

2. _____

3. _____

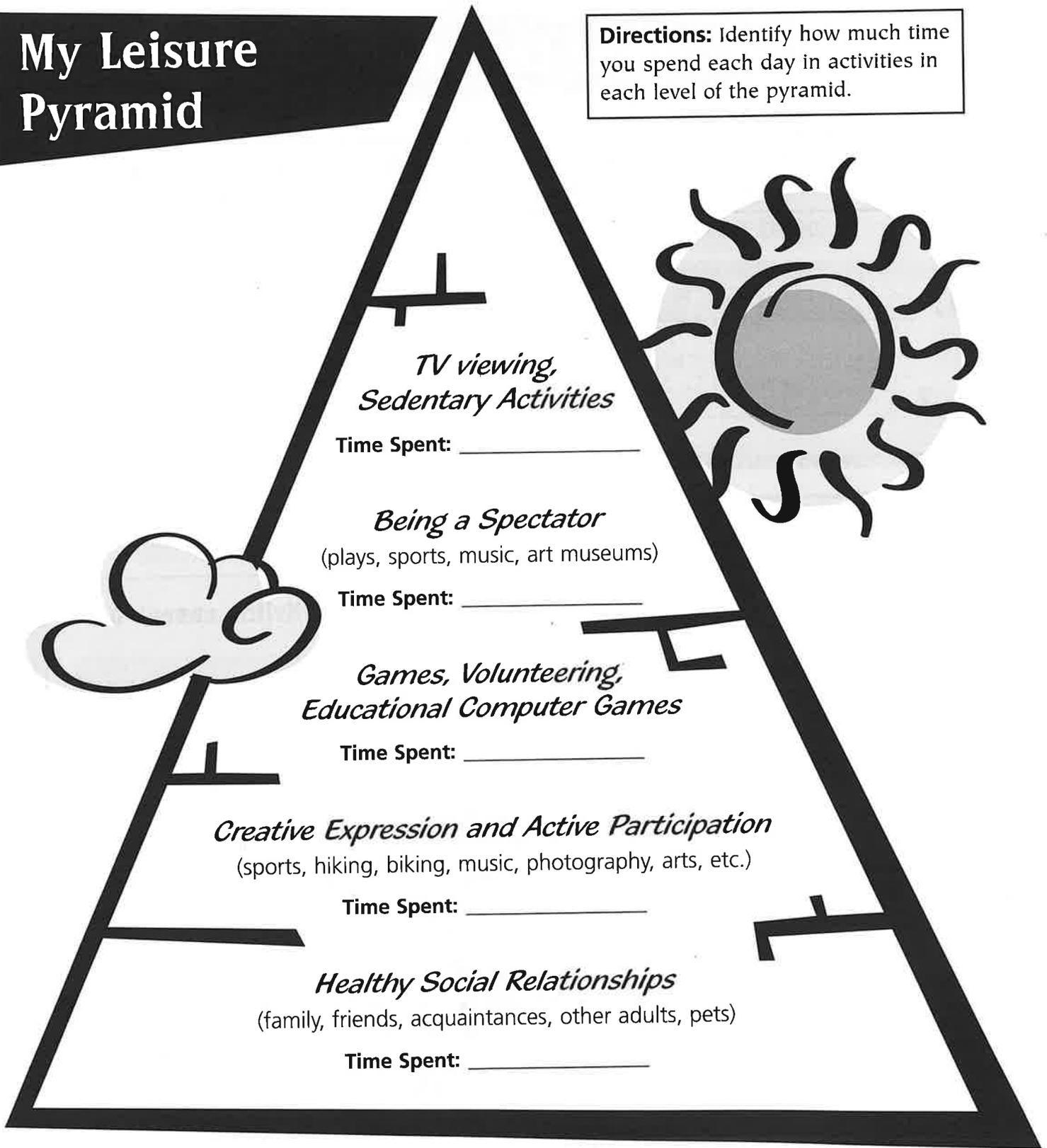
4. _____

5. _____



My Leisure Pyramid

Directions: Identify how much time you spend each day in activities in each level of the pyramid.



Do you spend too much time on activities at the top of the pyramid? **Yes No**

Do you spend enough time in activities at the bottom? **Yes No**

What goal might you set for yourself to get involved in more activities at the bottom of the pyramid?

Goal: _____

Flow & My Activities

Directions: List the leisure activities you do most often. Then list activities you'd like to do but are not currently doing. Plot each activity on the Flow graph, according to its level of challenge and skill.

Activities I do on a regular basis _____

Activities I would like to do _____

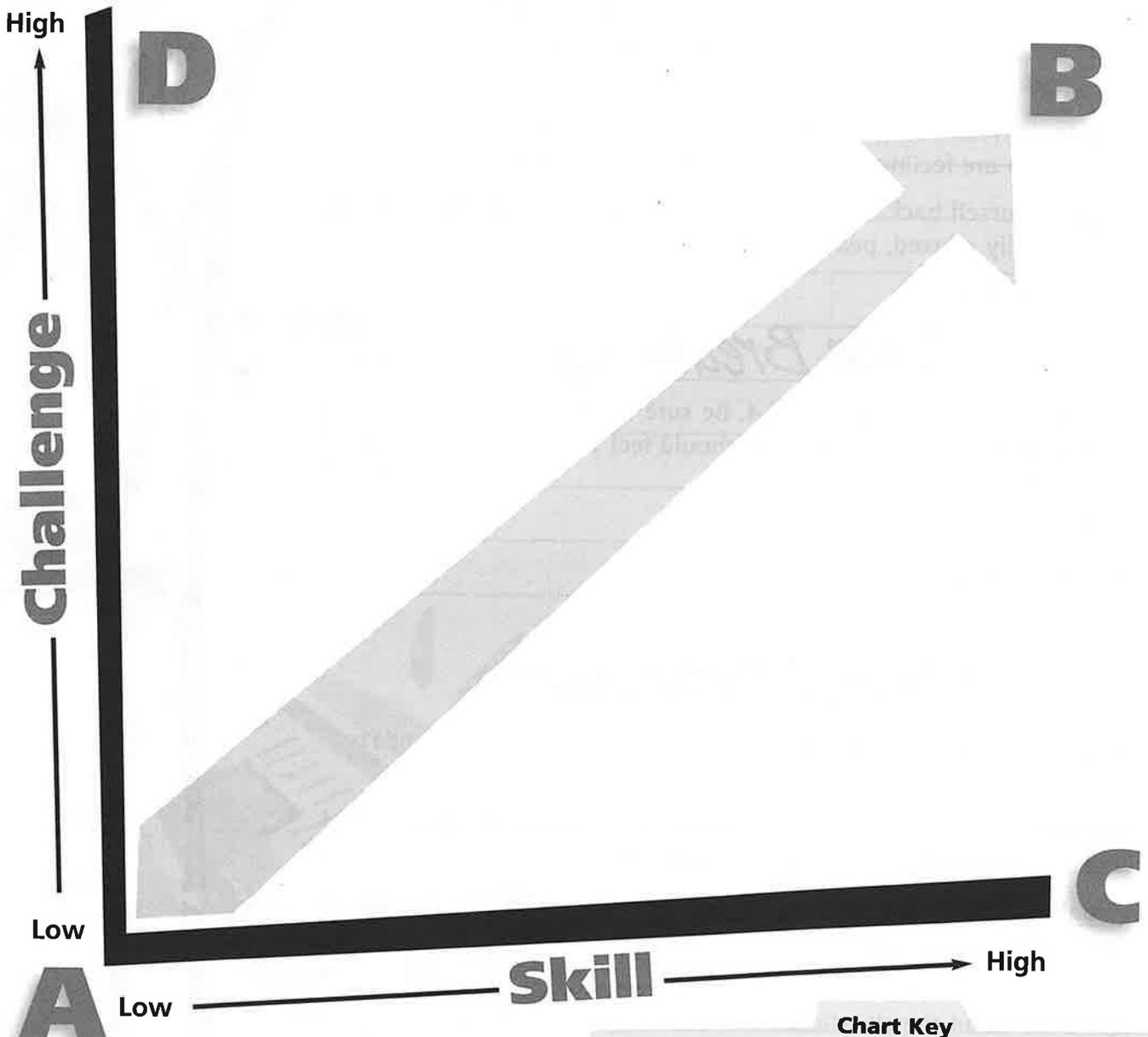


Chart Key
A = Low Challenge/Low Skill **C** = Low Challenge/High Skill
B = High Challenge/High Skill **D** = High Challenge/Low Skill

Managing Stress...Staying Cool

Directions: These are some techniques you can use to reduce anxiety and manage stress.

Relaxation Exercise

1. Sit quietly in a comfortable position with your back straight and your feet on the floor.
2. Close your eyes.
3. Slowly relax all the muscles in your body beginning with your toes. Work your way up your body going from one muscle group to another step by step: toes, feet, lower legs, upper legs, stomach, lower back, upper back, chest, shoulders, arms, neck, face, forehead.
4. Imagine yourself in a quiet, peaceful place (for example, alone on a beach). You are feeling relaxed, calm, and without a care in the world.
5. Imagine yourself back in the place where you started the exercise still feeling totally relaxed, peaceful and calm.
6. Open your eyes.

Deep Breathing

1. Breathe in deeply for a count of 4. Be sure the breath is coming deep into your lungs. You should feel your ribs and abdomen expand.
2. Hold the breath for a count of 4.
3. Breathe out slowly for a count of 4.
4. Repeat.

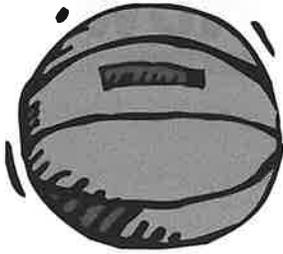
Mental Rehearsal

1. Imagine yourself in the stressful situation, feeling completely relaxed and confident.
2. Mentally practice what you will say and/or do and how you will deal with all the possible things that might happen.
3. Visualize yourself successfully and confidently solving the problem or doing what you set out to do.
4. Do this over and over until you begin to feel more relaxed and confident about the situation.



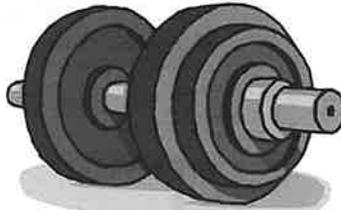
My Major Leisure Interests

Directions: Rank your top 3 leisure interests. Place a “1” next to your first or main leisure interest, a “2” next to your number 2 leisure interest, and a “3” next to your third leisure interest.



Sports

(Examples: basketball, soccer, softball)



Exercise

(Examples: bike riding, weight lifting, running)



Creative activities

(Examples: drawing, painting, sewing, other crafts)



PERFORMANCE ARTS

(Examples: drama, dance, chorus)



Music

(Examples: playing a musical instrument, listening to and learning about music)



Outdoor interests

(Examples: hiking, camping, canoeing, hunting, fishing)

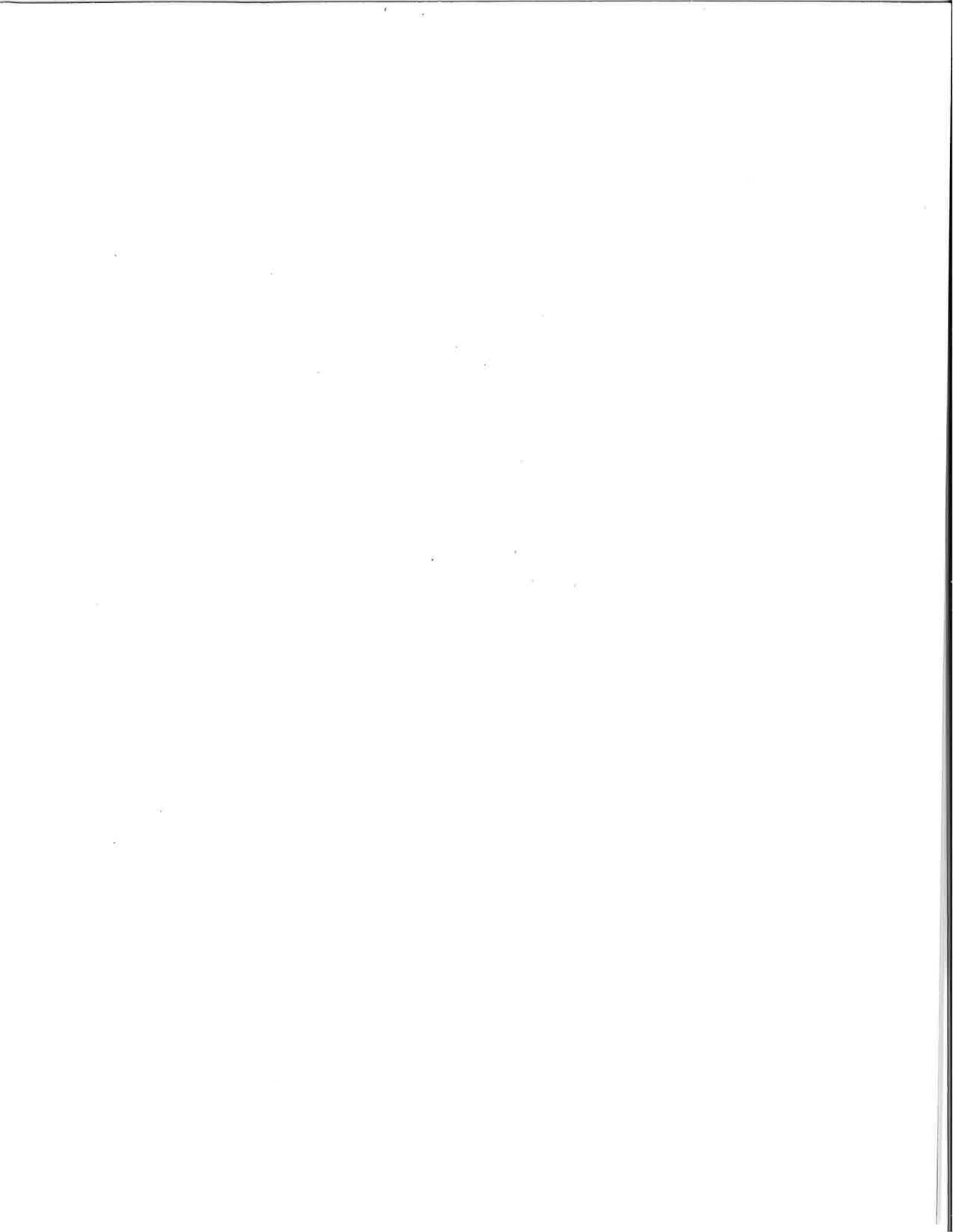
My Leisure Choices: Now and in the Future

Directions: In the first column use words or pictures to illustrate how you are in your leisure time now. In the second column illustrate how you would like to be in your leisure time during the coming year.

Now

A Year from Now





Be

TimeWise

"I'm bored..."

"I don't know what to do..."

"I've always wanted to..."

You've got some time on your hands?

What do you do?

This book helps you:

- Get the most out of your free time.
- Find leisure activities you really enjoy.
- Make an action plan.
- Build valuable skills.
- Have fun!

**Free Time = Fun Time
when you're**

TimeWise!



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