

COMING TO YOUR SCHOOL:

TIMewise

We invite you to learn more
about the program and
how to get involved with your
child to help them make the
most of their leisure time!



A Program of the Lamoille Family Center

Read more inside!

healthylamoillevalley.org

Timewise

Taking Charge
of Leisure Time

Preventing
Substance Use

A
Leisure
Program



Welcome Parents and Caregivers!

The TimeWise: Taking Charge of Leisure Time program is designed to help middle school students get the most of their leisure time by taking increased responsibility for managing what they do. Your child will have an opportunity to:

- Analyze how they spend their time.
- Think about benefits they get out of leisure time.
- Learn ways to avoid boredom.
- Plan for an increase in participation in desired activities.

How to Use this Guide

This guide will provide an overview of each lesson, some at-home activities, and discussion ideas to support the program.

We hope TimeWise will teach your child the skills to engage in healthy leisure activities throughout their lives.

MANY THANK YOUS

Thank you to the Roessner Family Foundation for funding this TimeWise parent/caregiver companion, to Dr. Linda Caldwell (TimeWise curriculum author) and Dr. Alison Link for bringing their continued expertise and collaboration to enhance the TimeWise curriculum and resources towards helping our youth make healthy leisure choices, and to Jessica Bickford and Em Delaney for project design.

A big thank you to our dedicated school partners for implementing this curriculum in your school! You are our heroes!

Activities for Anytime

Plan activities together that would be fun for the whole family. Identify what benefits each person might get. If they are different benefits, discuss why.

Arrange for your child to have some unexpected free time (like 15-20 minutes). Challenge them to do something interesting that doesn't include any screen time like phones, computers, TV. After the time is up, discuss how they felt and how they could be more prepared for when they have unexpected free time so that they have a positive experience.

Review your child's homework in the TimeWise workbook. Discuss what you each learned or what made you both think.

Discuss how each person's leisure activities can affect everyone else in the family.

Visit ParentUpVT.org for tips on how to talk with your child about substances.

Come up with a list of activities that you both enjoy. Do you like the activities for the same or different reasons?



Lesson 1:

Exploring Leisure Time

Overview:

This first lesson introduces the idea that not all free time is leisure time, and what a person does in their leisure time is important.

Your child will begin to analyze what activities they do most regularly and how they felt about those activities and whether they considered them leisure time activities or not.

Home Discussion and Activity Ideas:

- Discuss the difference between free time and leisure time.
- Discuss what leisure activities your child enjoys the most.
- Describe which leisure activities you enjoy the most.



HELPFUL HINT:

Free time is a blank slate outside of school or work. This may include helping out around the house, travel to and from activities, or having a snack.

Leisure time is filled with self-chosen, satisfying, and enjoyable activities.



Lesson 2:

Leisure Time Benefits

Overview:

Students will learn about the healthy benefits of participating in leisure activities. Students will also learn that some leisure time activities have more benefits than others.

Home Discussion and Activity Ideas:

- List five common daily activities. Identify the benefits that are gained in each activity. Do the same for five common leisure time activities.
- Discuss which benefits your child would like more of.
- Discuss the idea that some leisure choices can be harmful or unhealthy.
- Discuss how your child can start taking more responsibility for their leisure time.



HELPFUL HINT:

Benefits can include physical, mental, social, future, psychological, spiritual, natural, creative, and community.



Lesson 3:

Boredom and Interests in Leisure Time

Overview:

Students will learn about why they might feel bored in leisure time and how to change boring situations into something more interesting and engaging. They will be introduced to an interest inventory and the Live Your Why webpage from Healthy Lamoille Valley (see below). They will begin to analyze what they do in their leisure time and how they feel about what they do.

Home Discussion and Activity Ideas:

- Discuss what types of things are boring during the day.
- Discuss how sometimes things are just boring and we have to do the best we can, but also discuss how your child might learn to deal with the boredom.
- Have your child engage in a boring activity and challenge them to figure out how to make it more engaging.
- Create a strategy with your child for what to do when someone feels bored. Post a short list or a strategy based on the "how to make something interesting" workbook page.

Live Your Why Passport and Live Your Why resources
healthylamoillevalley.org/liveyourwhy



Lesson 4:

Motivation

Overview:

This lesson explores the importance of understanding why they do what they do during the day. Students will be asked to complete an interview with an adult to find out more about their leisure time interests and how they may have changed over time.

Home Discussion and Activity Ideas:

- At dinner or on a drive talk about what makes your student feel excited to be involved in a task. When do they feel motivated to spend time doing something? How do they feel when they are doing something they enjoy?
- Discuss with your child the different reasons why people do the things they do. How do they feel when they do things for each reason? Talk about specific activities they do and why they do them. You could also bring in social media.



HELPFUL HINT: The reasons are: have to, want to, for a purpose, for what others think (for example, I'd feel guilty or I want to impress), nothing else to do.

- Discuss whether and why each reason might be a positive thing, especially "have to" and "for what others think" and also what the dangers are. What about "I want to"... are there pitfalls with doing things always because you want to?



HELPFUL HINT:

It could impact others negatively and be selfish.



LESSON 5:

Overcoming Stereotypes and Roadblocks

Overview:

This lesson focuses on reasons that might get in the way of participating in desired leisure activities. Types of stereotypes and attitudes are discussed (for example, "I wouldn't be very good at it," "people would laugh at me," "it's for other types of people"). Other types of roadblocks such as no time, money, or transportation, and ways to overcome them are discussed.

Home Discussion and Activity Ideas:

- Remind students to check out Live Your Why Passport, discuss activities from the passport that students did, and help them figure out ways to participate if they don't know how.
- At dinner, swap family stories about overcoming a stereotype or roadblock. What was it that pushed you through? Who encouraged you? What did you learn? Help them to know that challenges are a natural part of life.



healthylamoillevalley.org/liveyourwhy



Lesson 6:

Taking Charge of Leisure Time by Planning for Variety and Balance

Overview:

This lesson encourages students to make sure they have a variety of different activities and balance in the types of activities in order to get all of the benefits. That is, don't do the same activity all the time (like basketball) or with the same people (same friends), and have a balance of types of activities (for example, time with family/time with friends, active/passive, challenging/relaxing). The lesson also encourages students to be prepared when they have unexpected free time. These two concepts are very connected. If someone has a lot of variety they will probably also have a lot of balance.

Home Discussion and Activity Ideas:

- Discuss what happens if someone doesn't have variety or balance.



HELPFUL HINT: People can become stressed, bored, or lonely. Or if for some reason one can't do the activity anymore (for example, illness, injury, or lack of opportunity).

- Brainstorm ways to get more variety and balance in leisure activities.



HELPFUL HINT: discuss how to have a balance between too many structured vs. unstructured activities, or too much or not enough activities.



LESSON 7:

Community Resources

Overview:

Students will identify community resources, understand what exists in their communities and neighborhoods, and think about what they would like more of. They will use maps to identify places where they spend time. Students will also consider places where healthy, unhealthy, or risky activities occur. Students are encouraged to learn to take responsibility for what they do in their leisure time.

Note: We recommend you visit ParentUpVT.org as you prepare for this week's discussion.

Home Discussion and Activity Ideas:

- Look at a map of your community or neighborhood and discuss what is available. Is there something new your child would like to try or find out more about?
- Explore the Live Your Why Passport Edition community opportunities at healthylamoillevalley.org/liveyourwhy.
- Explore the Youth Resources webpage at healthylamoillevalley.org/youthresources.



LESSON 8:

Planning and Goal Setting

Overview:

Students will learn to set goals and plan for healthy leisure activities. They will learn to keep a list of possible activities in case they have unexpected leisure time.

Home Discussion and Activity Ideas:

- Build on this lesson by having your child set goals for the upcoming week and plan how to achieve their goals.
- Discuss the importance of both successes and failures, noting that by failing to achieve goals they learn things.
- Work towards goal setting and planning for activities individually and as a family.
- Revisit these concepts and themes throughout the year and in times of transitions (summer vacation, new schedules, etc.).

Enjoy your leisure!





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WWW.HEALTHYLAMOILLEVALLEY.ORG

HEALTHY LAMOILLE VALLEY IS A COALITION OF INDIVIDUALS AND COMMUNITY ORGANIZATIONS WORKING COLLABORATIVELY TO REDUCE YOUTH SUBSTANCE MISUSE AND ENCOURAGE YOUTH TO MAKE SUBSTANCE FREE HEALTHY CHOICES.

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