

Desire, Time, Effort

2. Free Time

Spatial Requirements: Regular classroom setup: little or no space required

Activity Type: Movement/group

Grades: 3-12

Group Size: 8 or more

Time: To be determined by you

Introduction: At school and often at home, we can't always choose how we use our time. During free time, however, we are able to choose our own activities. It is frequently during these unplanned hours that we can decide to either participate in negative behaviors or use the time to improve our lives. The objective of this activity is to help students see the importance of making positive choices with the free time they are given.

Materials:

- Timer
- Various game supplies
- 1 Free Time Question Sheet per person (These can be found at www.whytry.org/activities.)
- 1 pencil per student

Activity:

Gather together several materials that students can use, play, or work with during free time. This may include games, art supplies, books, music, puppets, play toys, recreation or sporting equipment, computers, etc. Make a copy of the Free Time Question Sheet for each student.

Divide the class into groups, and divide the activity time so that each person will be given an equal amount of time (i.e. if there are 6 people in the group and the activity time is 1 hour, each person gets 10 minutes). Each person decides which activity or game their group will participate in during his/her allotted time, and the whole group must participate in that activity. Choices may be limited to supplies available. Maybe one person wants to sing, another to play a card game, another to do crafts or play basketball. If these supplies are available, then the group will do all these activities, one after another. Two people may choose the same game, and it will simply be played for twice the time.

Processing the Experience:

Have each student fill out the Free Time Question Sheet, then discuss the answers. Emphasize the feelings one gets from choosing his/her own activities and the importance of making healthy choices.