OWNERSHIP OF LEARNING

LESSON 10-28 ▲ RECREATION, LEISURE AND VOLUNTEERISM

**LEARNING GOALS/OUTCOMES**

* Identify activities in light of values and postsecondary and career goals.
* Identify local recreation, leisure and/or volunteer opportunities.
* Assess activity involvement as it supports their postsecondary/career goals.
* Assess activity involvement in relation to personal values.

**MATERIALS NEEDED**

* **Student Handouts:**
* 10th Grade Activities
* Journal Page
* **Information on school’s clubs, sports, and student government opportunities, as well as information on local community activities** (such as a recreation center brochure)

**CLASSROOM ACTIVITIES**

1. **Students create a word cloud of their life activities.** Ask students to come up to the board and quickly write down words that represent three of their non-school and non-work-related life activities (for example, basketball, violin, food bank). Students should all write in the same area of the board so that their work results in a giant word cloud. Remind students that there are three major types of life activities (beyond work and education): recreation (active health activities), leisure (relaxing activities), and volunteer (contribution activities). Ask students to identify all the “recreation” words. Draw a circle around those words. Ask student to identify the “leisure” words. Draw a square around those words. Finally, ask students to identify all the “volunteer” words. Underline those words. Notice the distribution of life activities. Have students assess why there is more of one type of activity than another.
2. **Students assess why people get involved in life activities.**  Ask students to come up to the board again and, in a different area of the board, write a word or phrase for why they have become involved in activities (for example, to become fit, to help others, to have fun). Use the second word cloud for a quick discussion about the reasons why people get involved in activities at school and in the community. Ask students to identify the common reasons people get involved in activities.
3. **Students relate personal activities to values and post-secondary goals.** Distribute the *10th Grade Activities*. Ask students to work individually to list up to three activities they are involved in at school or in the community. If a student cannot identify three activities, ask them to identify activities they might like to try. Ask them to identify the values that can be satisfied by being involved in those activities. Finally, ask students to identify how involvement in each activity can support achievement of educational, career, and life-related post-secondary goals.
4. **Students identify local recreation, leisure, and/or volunteer opportunities**. Divide students into pairs. Ask one of them to assume the role of “Activities Counselor.” The other is a student coming to ask for activity advisement. Provide each pair of students with a list of school activities and a community catalog of recreation, leisure, and volunteer activities. The “Activities Counselor” reviews the student’s *10th Grade Activities* worksheet to get a sense of what that student likes to do (activities) and what they think is important (values). The counselor then recommends a recreation activity, leisure activity, and volunteer activity for the student to consider. Once the first interview is finished, the students reverse roles.
5. **Students assess activity involvement as it supports their post-secondary/career goals.** Reorganize students into new pairs. Have one student assume the role of “Post-Secondary Counselor.” The other is a student coming to ask for post-secondary help. The “counselor” reviews the student’s *10th Grade Activities* worksheet to get a sense of the student’s values and current life activities. The counselor then discusses with the student their thoughts on the career, educational, and life value of the student’s activities. Once the first interview is completed, the students reverse roles.
6. **Students reflect on how their activities illustrate their personal values.** Ask each student to answer the following questions on a *Journal Page:*

* What three values are most important to me?
* How will my values shape the activities I choose?

**STUDENT PRODUCTS**

* **Completed *10th Grade Activities***
* **Completed *Journal Page*** on life activities based on personal values.

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LESSON 10-28 STUDENT HANDOUT

10TH GRADE ACTIVITIES

What activities are you involved in at school or in the community? Why did you choose those activities? What do those activities say about your goals for the future and the values that are important to you?

**Identify three activities and describe them below.** These activities can be sports or other active pursuits (such as rock climbing or skiing), arts (music, singing, drama, photography, or painting), school government or clubs, or volunteer service opportunities.

**Activity #1:**

This activity will help with my post-secondary goals because:

This activity helps me realize these values:

**Activity #2:**

This activity will help with my post-secondary goals because:

This activity helps me realize these values:

**Activity #3:**

This activity will help with my post-secondary goals because:

This activity helps me realize these values:

**VALUES**

Circle the values that are most important to you or use these words in your description of your activities.

|  |  |  |
| --- | --- | --- |
| Achievement | Friendship | Precision |
| Adventure/Excitement | Having Fun/Play | Recognition |
| Balance | Helping Others | Relaxation |
| Beauty | Health | Reputation |
| Belonging/Team | Independence/Freedom | Respect |
| Challenge/Competition | Laughter/Humor | Responsibility |
| Cleanliness | Learning | Risk Taking |
| Communication | Location | Security |
| Community | Love | Solitude |
| Cooperation | Loyalty | Spirituality/Religion |
| Creativity | Making a Difference | Variety/Diversity |
| Discipline/Structure | Personal Growth | Wealth |
| Environment | Physical Challenge | Wisdom |
| Fairness | Power/Control | Working Hard |

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LESSON 10-28 STUDENT HANDOUT

JOURNAL PAGE

**DATE:**

**Lesson 10-28 | *RECREATION, LEISURE AND VOLUNTEERISM***

***Q1:*** What three values are most important to me?

***Q2:*** How will my values shape the activities I choose?

***Answers:***