

# The LEISURE LINK

“Your link to a healthier life”

LEISURE INTERESTS	DOES THIS INTEREST YOU?	CAN YOU AFFORD THIS?	WHAT DO YOU NEED TO DO BEFORE YOU BEGIN THIS ACTIVITY?
Play Cards • Board/Table Games			
Garden • Plants • Yardwork			
Woodworking			
Paint • Draw • Sketch			
Attend Concerts/Plays			
Attend/Rent Movies			
Listen to Music • Dance			
Camp • Fish • Hunt			
Golf			
Swim • Sunbathe			
Bowl			
Go to Parks • Hike • Picnic			
Exercise • Jog • Walk • Lift Weights			
Basketball • Baseball • Football • Volleyball			
Bicycling			
Travel/Vacations			
Socialize • Party • Visit People			
Crossword/Seek & Find Puzzles			
Video/Electronic Games			
Fairs • Circus • Zoo • Amusement Park			
Science/Art/History/Health Museums			
Write Stories/Poems/Journals			
Collecting			
Cook • Bake			
Read			
Sew • Knit • Embroider • Crochet			
Shop • Garage Sales • Flea Markets • Antiques			
Crafts • Models • Projects			
Church/Temple Activities			
Attend/Watch Sporting Events			
Home Decorate/Renovate			
Auto Racing/Mechanics			
Leatherwork			
Computer			
Volunteer			
Miscellaneous			
Others:			

Put an “A” beside activities that you do alone. Put a “P” after the activities that require planning.

# The LEISURE LINK

## I. PURPOSE:

- To increase awareness of leisure activities and available community resources.
- To determine feasibility of pursuing appealing leisure interests.

## II. COMMENTS:

A healthy balance of one's schedule includes active leisure pursuits. At times, many people are in need of new leisure interests or reinvolving themselves with previous leisure activities. Choosing leisure activities can be tricky because it involves so many factors . . . Can I afford this? Do I have the time? Will this allow me quiet time? Will this connect me with other people? Does it require too much planning? Is it close enough for me to get there? Benefits of leisure are numerous! They include relaxation, self-improvement, having fun, meeting new people, taking risks, exercising, stimulating the mind, etc.

## III. POSSIBLE ACTIVITIES:

- A.
  1. Photocopy handout and cut each leisure activity into a strip of paper.
  2. Fold strips in half, place in a basket and ask each group member to pick one strip of paper.
  3. Ask for a volunteer to act out chosen leisure activity as a charade, the other group members guessing the leisure activity.
  4. When the group has correctly guessed, discuss together who might be interested in pursuing this activity.
  5. Continue asking for volunteers until each person has had a turn. If time permits, continue until all activities have been played.
  6. Process activity by discussing possible community resources.
  7. Offer handout as homework assignment for next group session.
- B.
  1. Gather resource information prior to group, e.g., telephone books, pamphlets, brochures, coupons, advertisements, park brochures, sports page of newspaper, etc.
  2. Photocopy handouts and distribute to each group member.
  3. Instruct group members to complete handout individually.
  4. Ask each member to share two or three leisure activities of interest.
  5. Request that each member share one activity each would like to do but can't afford.
  6. Problem solve as a group ways to see if there are solutions as to how it might be affordable, e.g., can't afford an electronic game, but can save up money and go to a video arcade once in a while.
  7. Place resource information in center of the table and allow group members to look through, obtaining information each might need to implement activities.
  8. Process activity with discussion of availability of resources for leisure activities.



# LEISURE VALUES

Leisure Activity	Alone	With Others	Inside	Outside	Active	Passive	Challenging	Risky	Relaxing	Funny	Serious	Thought-Provoking	Competitive	Diversional	Self-Development	Cultural	Creative	Meaningful	Other

How do your present leisure habits compare to your leisure values?

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What is one new leisure activity you will get involved in that incorporates some of these values?

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## LEISURE VALUES

### I. PURPOSE:

To identify values regarding leisure by analyzing qualities of activities.

To identify present leisure habits and compare them to leisure values.

### II. GENERAL COMMENTS:

It is important to be aware of the reasons certain leisure activities are enjoyed so that efforts can be made to continue having satisfying experiences. Oftentimes, people say that they value certain types of activities yet do not engage in these. Leisure habits may be modified if needed to include values and increase satisfaction.

### III. POSSIBLE ACTIVITIES:

- A.
  1. Explain concept of balancing work, leisure, and self-care activities.
  2. Instruct group members to complete handout by identifying 6 leisure activities they enjoy: past and present.
  3. Next ask them to check all qualities that "attract" them to each of these activities.
  4. Encourage them to write a narrative response describing the differences/similarities between their leisure habits and their leisure values and answer remaining questions on handout.
  5. Facilitate discussion regarding insights and process benefits of leisure involvement.
- B.
  1. Write each of the 18 listed leisure qualities on separate index cards and shuffle.
  2. Instruct group members to take turns choosing a card and identifying one leisure activity they enjoy which has that quality. Continue until all 18 are discussed.
  3. Facilitate discussion regarding insights and process benefits of leisure involvement.