



## ACTIVITY: 'MY LEISURE COORDINATOR'

**TIME:** 15+ minutes  
**SIZE:** Pairs  
**SPACE:** Room for pairs to work  
**RESOURCES:** Blank Schedule (p.84 or SenseAbility CD), pencils, erasers, paper

**The aim** is for students to create a fortnightly schedule that includes pleasant events.

**The result** should be an understanding that pleasant/enjoyable events can be incorporated into even very busy lives.

1. Break the class into pairs.
2. Give each student a copy of the Blank Schedule.
3. Have students brainstorm a short list of things they enjoy doing for fun/leisure. Allow a few minutes for this.
4. Pairs swap lists, and commence working up a schedule that incorporates those events. Pairs go through each other's pleasant/enjoyable events one by one, and ask when the other might find time to do each of the events in the fortnight. If lists of pleasant events are too sparse, encourage students to quiz their partners to come up with some options, even small ones (e.g. walking the family dog; finding a funny clip on YouTube).
5. The process of creating the schedules might take some tweaking and erasing as commitments and obligations are remembered.
6. Circulate among the class, giving assistance where necessary. The aim is for every student to walk away with a workable schedule that includes several pleasant events each week.



## DISCUSSION SUGGESTIONS

- Was it easy or difficult to come up with your list of enjoyable events?
- Did talking with someone else make it easier to determine things you enjoy doing?
- Are you doing enough of these pleasant activities every week? If not, why not?
- Was it easier to be objective and create a timetable for someone else? Why is it sometimes easier to offer advice than to take it?
- Are you happy with your new schedule? Is it affordable and achievable?
- Why is it so important to schedule fun things into our lives, and let ourselves smile, laugh, and unwind?