

Lesson Plan

Finding Your Work-Life Balance

Sub Indicator 6.4: Recreation and Leisure

Common Core Standard

Students will be able to produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

[CCSS.ELA-LITERACY.W.9-10.4](#)

Learning Objective(s)

Students will be able to identify recreation and leisure activities and where in their community they can engage in them.

Materials

- Work-Life Balance Worksheet
- Pencils
- Recreation and Leisure Worksheet
- Community Map
- Computer with WiFi
- Class/club Template

Opening Activity – Individual, 10 Minutes

Activity Purpose: Students will identify the activities they do each day and determine how they split their day between work and leisure

Description of Activity:

1. Tell students that work-life balance is when you have a sense of balance in how you split your time between your personal and professional life
2. Provide students with 2-3 examples of how you practice work-life balance.
3. Discuss the following with your students:
 - a. How having balance between work and leisure can impact your productivity
 - b. How having balance between work and leisure can impact your happiness
 - c. How having balance between work and leisure can impact your stress levels
4. Provide each student with a Work-Life Balance Worksheet. Have them list all of the activities they do throughout the week
5. Have them categorize these activities into work or leisure, and designate how much time they spend doing each activity
6. Have them designate how much time in their week they dedicate to work activities versus rec and leisure activities



Activity 1 – Small/Whole Group, 20 Minutes

Activity Purpose: Students will identify recreation and leisure activities, where they can do these activities, and the social skills that are built by doing these activities

Description of Activity:

1. Tell students that leisure is free time used to pursue personal interests and recreation is any of the preferred activities (not only sports) that an individual does during their leisure time.
2. Use [mentimeter.com](https://www.mentimeter.com) or <https://www.polleverywhere.com> (*Both have free account options*) and have the class create a live word cloud of recreation and leisure activities. You might show this on your smart board or via web video (if distance learning).
3. Provide students with the following categories:
 - a. Clubs
 - b. Sports Teams
 - c. Classes
 - d. Volunteer Opportunities
 - e. Social Opportunities/Events
4. Provide each student with a Recreation and Leisure Worksheet
5. Have students work in small groups to place the activities from the list into the above categories (some activities will go in multiple categories)
6. Tell students that engaging in recreation and leisure activities can help them build social skills
7. Have students work in their small groups to identify the social skills they can learn by participating in the activities the class listed. Examples include:
 - a. Asking for help
 - b. Participating equally
 - c. Encouraging others
 - d. Communicating clearly
 - e. Accepting differences
 - f. Active listening
 - g. Resolving conflict

Activity 2 – Small Group, 20 Minutes

Activity Purpose: Students will identify recreation and leisure activities in their community

Description of Activity:

1. Tell students to think about the recreation and leisure activities they identified in activity one
2. Have students identify places in their community that they can do each activity from the list
 - a. Tell students they can refer back to the categories from activity one for ideas of where to look
 - b. Students can use Google to identify activities in their community
3. Have students create a community map outlining the places they can do the activities they identified

Closing Activity – Small Group, 10 Minutes

Activity Purpose: Students will create a club/class for one of their recreation/leisure interests

Description of Activity:

1. Have students work in small groups to create a club/class for one of their recreation/leisure interests
2. Have students decide on the following:
 - a. Club/Class Name
 - b. Club/Class Purpose
 - c. Club/Class Meeting Time
 - d. Club/Class Meeting Location
 - e. Needed Materials



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Name of Class/Club:

Purpose:

Meeting Time:

Meeting Location:

Materials:



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My Weekly Activities

Work Activity	Time Spent on Activity	Leisure Activity	Time Spent on Activity

Time Spent on Work Activities:	Time Spent on Leisure Activities:
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