

FACILITATION OF RECREATION AND LEISURE



CHAPTER 4
LEISURE, RECREATION, AND
WELLNESS

ACTIVITIES

-  1 Building a Recreation-Oriented Community
-  2 Defining Recreation and Leisure
-  3 What Do You Like to Do?
-  4 What Is Work and What Is Play?
-  5 Wellness
-  6 My Recreation, Leisure, Work, Play, and Wellness Form
-  7 My Childhood Toys
-  8 Eras of Games
-  9 Case Studies





ACTIVITY 1 Building a Recreation-Oriented Community

Instructions: After completing the group exercise, answer the questions.

Were there recreation activities for all segments of the population (all ages, all abilities, all interests)?

Which recreation activities presented by the groups appealed to you the most? Why?

In your community (or school), how could recreation opportunities be improved?

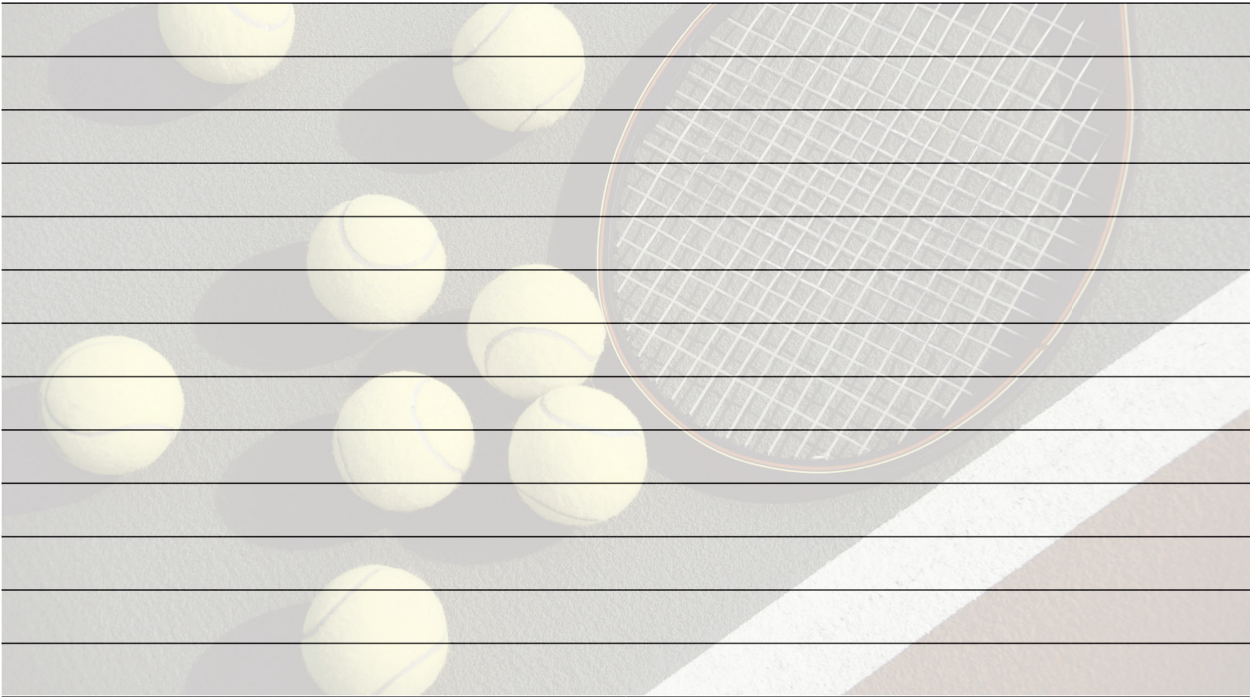
Identify barriers to recreation participation in your community (or school).





ACTIVITY 3 What Do You Like to Do?

1. Create a list of your favorite recreation and leisure pastimes.



2. Pair off and discuss why these activities are considered recreation and/or leisure pastimes.





ACTIVITY 4 What Is Work and What Is Play?

1. Review the textbook definitions of work and play.

2. Create your own personal definitions of work and play.

3. What do you view as work and as play?





ACTIVITY 5 Wellness

1. Review the textbook definition of wellness.

2. Create your own personal definition of wellness.

3. What do you view as wellness?

4. How do your examples of wellness fit with the seven dimensions of wellness?

