

## **Living Fully: You can do anything!**

3/15/20

You might find that even if you have schoolwork over the weeks you are not *in* school, it takes much less time to do at home than in the classroom. If you do, you may, then, find yourself with *a lot* of time free! What can you do in isolation, at your home, that you couldn't do with the routine of school and activities? How are you planning to keep yourself busy?

Evaluate the way you spend your recreation time by writing a sampling of the things you realistically do for fun or with your free time in the left column below. Consider the hours you spend in each recreational activity. In the right column, write everything you *want* to learn or get more skilled at (crochet, an instrument, a sport, baking etc.) What do you think when you look at both columns? No judgement on your reaction. Discuss with the class how you might spend your time differently. Could right now be just that time?

