

# **Leisure Education: An Avenue for Addressing Social Issues**

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# Background

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- A wide range of social issues
  - Workaholism (lack of work-life balance)
  - More screen-based, sedentary leisure
  - Drug/alcohol use, gambling
  - Unemployment/underemployment
  - Boredom during retirement
  - Social isolation of older adults
- Leisure education can be used to improve leisure functioning and life satisfaction in each of these cases

# Childhood Obesity

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- Growing concern about the rates of childhood obesity in North America
- Creation of paediatric obesity clinics or weight management programs
- Focus on addressing nutrition and physical activity
- Is there a need to consider a broad range of leisure-related issues beyond physical activity?

Physical Activity

Nutrition

Health

Leisure Education





This version of the *Parent Leisure Education and Physical Activity Manual* was developed for use by participants in the Paediatric Lifestyle Management Program.



# Parent Leisure Education and Physical Activity Manual

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# Leisure Education Process

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Initial interview with parents

A “family leisure” group session with parents

7 family-focused leisure education sessions with  
parents

An exit interview with parents

# Key Areas of Discussion

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## Leisure Awareness

- The role of leisure in children's lives
- The role of parents in their children's leisure

## Self-Awareness

- Child's perception of what he/she is good at
- How is time being spent
- Child's leisure interests
- Barriers and barrier language

## Leisure Skill Development

- Decision-making
- Planning
- Behaviour changes and self-regulation

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*You can learn more about a person in one hour of play than in a lifetime of conversation.*

~Plato

### LEARNING OBJECTIVES:

- **To learn about your child's interests and behaviours related to leisure**
- **To better understand how your child uses his/her free time and how it could potentially be used to achieve various goals**
- **To recognize the positive and negative outcomes of different leisure pursuits and to communicate these with your child**

# Chapter Four: Exploring Leisure with Your Child

## Summary

Leisure plays an important role in a person's life and can be used to help individuals achieve various goals. Leisure awareness involves exploring different leisure opportunities and resources, and understanding the potential positive and negative outcomes associated with leisure



participation. Once an individual becomes aware of leisure and its many possibilities, he or she can then begin a reflective process which will help guide that person to make decisions about his or her leisure choices and activities. This process is called leisure self-awareness and involves assessing one's leisure needs, values and attitudes, knowledge and skills, interests, and barriers to leisure. Once these are known, an individual can make conscious decisions about the leisure choices he or she makes to lead a more satisfying leisure lifestyle and achieve various goals. This chapter will give parents/caregivers the opportunity to explore these issues and to go through the reflective process with their child so that everyone can begin to gain an understanding of their leisure behaviours.

## Activities

(Parent to help child with 4.3 to 4.6. Activities 4.1 and 4.2 are for the whole family.)

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# Outcomes

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- Conscious effort to engage in family leisure; more physically active family leisure
- Children asking to do things together
- Limits on screen time – parents setting limits; children finding other things to do
- Children trying new leisure pursuits – skating, drama, swimming, rock climbing, jewelry making, basketball, piano lessons, gymnastics
- Increased participation in existing active pursuits