



A2.2 – Educative resources for teachers

Lesson Materials

Module: EMPOWERMENT IN CARE FOR WELL-BEING

Sub-Module: Leisure activities



Co-funded by the
Erasmus+ Programme
of the European Union

This project has been funded with support from the European Commission. This publication [communication] reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein. Project N°: 2020-1-PT01-KA203-078360

Introduction

Module	EMPOWERMENT IN CARE FOR WELL-BEING
Sub-module	Leisure activities
Lesson nr.	#1
Duration (minutes)	225 (90 minutes lecture, 90 minutes workshop, 45 minutes independent work at home)
Date	

Lesson Outcomes

1. Understanding of the importance of leisure for achieving well-being.
2. Understanding the importance of quality leisure time for well-being.
3. Knowing caregiver's role in empowering the individual to engage in leisure activities.
4. Knowledge of the specifics of methods and techniques for the use of leisure time for different users.
5. Knowledge of different environments for performing leisure activities.

Understanding the importance of quality leisure time for well-being

Leisure time is time that is freely spent. This can be filled with rest, recreation and entertainment. Anything done with your free time is leisure.

Physical Health Benefits

Mental Health Benefits

The Social Benefits

Knowing caregiver's role in empowering the individual to engage in leisure activities

1. Consistency in user involvement in leisure activities.
2. At the forefront is the user and his preferences, in terms of capabilities (rather than caregiver's).
3. The caregiver is the motivator, promoter, supporter,...
4. The caregiver is important in recognizing the user's spirituality.

Knowledge of the specifics of methods and techniques for the use of leisure time for different users

1. Appropriate choice and adaptation for an activity for user/caregiver and surroundings.



Knowledge of different environments for performing leisure activities

1. Also related to the environment where the user/caregiver lives
2. Adaptation of important activities from the past
3. Getting to know and finding new activities



Knowledge of different environments for performing leisure activities



Practical work - workshops (2 hours)

1. What does leisure time mean to you?

Art	Crafts
Do It Yourself	Entertainment
Exercise	Freedom
Games	Interests
Learning	Leisure
Outdoor Activities	Play
Recreation	Robotics
Sports	Tourism
Travel	Vacations

Practical work - workshops

1. Choose your (caregiver) favorite leisure time activities

Concerts	Conversation
Cooking	Cosplaying
Crafts	Creative Writing
Cultural Activities	Dancing

Afternoon Tea	Aquariums
Art	Astronomy
Baking	Beekeeping
Bicycling	Birdwatching
Bonsai	Bowling
Calligraphy	Camping
Canoeing	Chess
Cleaning	Coding & Computing
Collecting (e.g. Coin Collecting)	Coloring

Practical work - workshops

Debate	Dining Out
Do It Yourself	Drama
Driving	Electronics
Events	Exercising
Fashion Design	Festivals
Filmmaking	Fishing
Games	Gardening
Gymnastics	Hiking
Home Improvement	Horseback Riding
Ice Skating	Jogging
Karaoke	Kite Flying

Knitting	Learning
Martial Arts	Meditation
Model Building	Movies
Museums	Music
Nail Art	Personal Reflection
Photography	Picnics
Play	Playing Cards
Puzzles	Reading
Robotics	Rollerblading
Sailing & Boating	Shopping
Sightseeing	Singing

Practical work - workshops

Skiing & Snowboarding	Snorkeling & Diving
Social Media	Sunbathing
Surfing	Swimming
Team Sports	Television
Tennis	Theatre
Theme Parks	Trainspotting
Travel	Video Games
Video Production	Walking
Weightlifting	Woodworking
Yoga	Zoos

Write down your (caregiver) leisure time activities that you did not find on the list.

Independent work at home (1 hour)

1. What do you think did leisure time mean to your user in past?
2. What means leisure time him/her now?
3. If you have possibilities talk to him/her and clarify.
4. Make a list of your user's leisure time activities. Activities should be meaningful and feasible for users.



GIVINGCARE
Empowering Caregivers

Thank you!

Teachers's name

Teachers e-mail

Date of the session

