

# SESSION 5

## Relaxation & Recreation



### CATEGORIES OF WORK

Work: \_\_\_\_\_

Rest: \_\_\_\_\_

Recreation: \_\_\_\_\_

Escape: \_\_\_\_\_

### RECREATION

1. Low Impact

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2. High Impact

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**IDEAS TO CONSIDER**

- Relieving stress: \_\_\_\_\_
- Litmus test of good recreation: \_\_\_\_\_
- Recreating \_\_\_\_\_ work
- Need to develop a daily/weekly \_\_\_\_\_ for you
- Recreation is a \_\_\_\_\_
- How do you handle constantly being “on”?

**CHILDREN AND WORK**

- Establish \_\_\_\_\_
- Develop \_\_\_\_\_
- Facilitate \_\_\_\_\_

**DEVELOPING RESPONSIBILITY**

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**PRINCESSES INCLUDED**

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## **TO OUR YOUNG MEN**

### **School as work:**

1.

2.

3.

### **Work outside of school:**

1.

2.

3.

## Discussion Questions

1. What is it about your work that you find most draining?

2. What is the one thing—at work or away from work—that gives you the most energy?

3. What do you do for recreation? Low and/or High Impact?

4. What are the two biggest challenges to having a healthy dose of recreation in your life? How can those challenges be addressed?

5. What opportunities have you given your children to learn to work and develop responsibility?