

## Pillar C2

## Leisure and Work worksheet

eisure	<b>—</b>	Work
Time away from demands of work or duty	Definition	Labour or Productive Activity
Things that I choose to do		Things that I have to do
Things that I enjoy		Mundane, everyday tasks
Time for 'me'		Responsibilities and Commitments
<ul> <li>Creative hobbies e.g. modelmaking, card-making, craftwork, knitting, baking, etc.</li> <li>Playing games e.g. board games, card games, electronic games, etc.</li> <li>Reading, Research, Creative writing</li> <li>Learning for leisure e.g. crafts, languages</li> <li>Active pursuits e.g. sports, fishing, walking, swimming, gym, exercise classes, etc.</li> <li>Puzzles, crosswords, etc.</li> <li>Music, TV, Films</li> <li>Social media, Internet browsing</li> <li>Social activities e.g. meeting for meals, coffee, going to people's homes, pub, etc</li> </ul>	Cooking DIY Gardening Pets Education	<ul> <li>Household tasks e.g. cleaning, cooking, laundry, shopping</li> <li>Maintenance e.g. DIY, gardening</li> <li>Financial management and admin</li> <li>Caring responsibilities e.g. children, parents, neighbours, pets</li> <li>Education e.g. English, Maths, IT, college courses, work-related courses, training</li> <li>Voluntary work</li> <li>Paid employment, apprenticeships, work experience</li> </ul>

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