



# WORK, PLAY, SUSTAIN



The activities that we do each day can be grouped into three main categories.

## WORK

## PLAY

## SUSTAIN



### Parenting

**Skills:** be responsible, listen to others, organize, lead, respond to emergencies and questions, role model, schedule time



### Play squash

**Skills:** be physically active, be committed and determined



### Eat oatmeal

**Skills:** care for self, be responsible, plan and prepare meals, enjoy self

### Build a house

**Skills:** plan a project, follow directions, complete projects, produce quality work, make safe decisions



### Play hockey

**Skills:** be physically active, lead others, deal with pressure, be determined and committed, perform role as team member, compete fairly



### Eat lunch

**Skills:** interact with others, care for self, plan and prepare meals, enjoy self

### Wash the dishes



**Skills:** be responsible, motivate self, help others, contribute to group, perform repetitive tasks

### Do a crossword

**Skills:** solve problems, think creatively, analyze words and meanings, develop vocabulary, spell correctly, concentrate on task



### Sleep



**Skills:** care for self, plan and organize time, be responsible, set priorities

### Do homework

**Skills:** create ideas, plan a project or presentation, follow instructions, work independently, plan time



### Play music

**Skills:** read music, listen intently, express feelings, moods and thoughts, create something new, entertain others, enjoy self



### Take a nap

**Skills:** be responsible, care for self, plan and organize time, manage stress

### Clean the bathroom



**Skills:** motivate self, complete tasks, contribute to group, apply scientific knowledge of chemicals

### Read a book

**Skills:** read, absorb information, think imaginatively, draw conclusions, learn correct grammar and spelling



### Shower

**Skills:** be responsible, care for self, be neat and clean, plan and organize time, respect self and others



**Question:** Are "relationships" – making time for your family, your friends and new people you meet – work, play or sustaining activities?



# WORK TO LEARN, EARN, GIVE

Every day we do many types of work. Each task rewards us for our efforts in some way. Let's take a look.

## WORK TO LEARN



Knowledge

### TODAY

#### UNPAID WORK

- \_\_\_\_\_
- \_\_\_\_\_

#### REWARDS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### IN 2020

#### UNPAID WORK

- Night school

#### REWARDS

- Acquire new knowledge
- Acquire new skills
- Build relationships

## WORK TO EARN



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### TODAY

#### PAID WORK

- \_\_\_\_\_
- \_\_\_\_\_

#### REWARDS

- \_\_\_\_\_
- \_\_\_\_\_

### IN 2020

#### PAID WORK

- Your career

#### REWARDS

- Make money
- Job satisfaction
- Food, housing, clothing



## WORK TO GIVE



Relationships

### TODAY

#### UNPAID WORK

- \_\_\_\_\_
- \_\_\_\_\_

#### REWARDS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### IN 2020

#### UNPAID WORK

- Parenting
- Housework
- Volunteering

#### REWARDS

- Develop relationships
- Nurture friendships
- Build community