

# LifeWorks

205



**WORK PACKAGE 6**

**WEDNESDAY APRIL 21<sup>ST</sup>**

## Lifeworks tasks:

- Lesson 9 **Life Roles and Responsibilities** is a lesson about the roles we have as individuals with some notes in place of the discussions we would have had in class to discuss this topic. This lesson has some brief notes and then leads you into the assignment. “Assignment 7 Life Roles and Responsibilities” has 2 components. Follow the instructions in the notes and do some critical thinking before you start on the assignment.
- **Assignment 7 Life Roles and Responsibilities**: Part 1 pick life roles that you have now and delete or add roles you think are missing from the assignment. Explain how the life roles apply to you so that I get an understanding of how you understood this assignment. Part 2 is a reflective journal piece where you pick 3 life roles that you think will for sure be a part of your future life. You are not limited to “3” but “three” is the minimum I want you to try and write about.
- Lesson 10 **Leisure as a part of Life-Work** is another short lesson that is more of an explanation of the assignment than a lesson full of notes. This lesson gets you to think about leisure activities, “past time” activities that you do because you ENJOY them, not because you “have to”. These leisure activities are not a like roles and responsibilities from the last lesson, these activities are done because you like to do them, and they give you enjoyment and relaxation or give you joy and satisfaction. We need these activities

in life to keep our minds healthy and keep our lives balanced. They are also a great way to deal with stress and reduce stress impacts on our bodies.

This lesson has some very brief notes and then leads you into the assignment. (Assignment 8 Leisure as a Part of Life/Work)

- Assignment 8 Leisure as a Part of Life/Work: is out of 40 Marks. It can't be completed in one day; it needs to be completed over a one-week period. Part 1: You need to add to the "One Week Log" each day for 7 days to complete this part of the assignment. Then you have the following days to complete Part 2, 3, and 4. You will have 2 full weeks (2 work packages timeline to complete this assignment.) This assignment is not complicated and part 2 and 3 are just questions that guide your analysis of your activities over the week. Part 4 will involve some critical thinking as you ponder the activities that you would do in the future. Simply follow the instructions in the lesson and on the assignment to complete this assignment.

<u>Lesson #</u>	<u>Possible dates for completion</u>
Lesson 9 notes <u>Life Roles and Responsibilities</u>	22 April
Assignment 7 <u>Life Roles and Responsibilities</u>	23 April
Lesson 10 notes <u>Leisure as a part of Life-Work</u>	23 April
Assignment 8 <u>Leisure as a Part of Life/Work</u>	04 May

## Remember!

As you continue to work through these work packages, keep in mind that only assignments need to be turned in, not full lessons or notes. You can keep your notes! Use the “Homework Hand in Checklists” to know what assignments to return for marks and which ones to keep for yourself and for future assignments.

You are only handing in Assignment 7 Life Roles and Responsibilities and Assignment 8 Leisure as a part of Life/Work.

If you have any trouble completing this assignment don't hesitate to contact me.

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