

New Idea for Leisure



★ Introduction

Every person living in the world is engaged in various activities. People such as pupils, teachers, farmers and labourers who do various tasks get tired both mentally and physically with their continuous work. Leisure is helpful in reducing the weariness of working hard and to resume work with a refreshed mind.

We must take into consideration that “leisure” is important when planning our daily work or activities. This lesson will help you, to identify how effectively and meaningfully, you can spend your leisure, to make you aware of its result and tempt you to spend your leisure meaningfully.

It is the last day of the last term. The relief and the joy is limitless for the pupils after facing the year - end test. The pupils in Grade 7 at Namalgama Vidyalaya had fun singing and dancing, sitting on the bench under the mango tree near the classroom. They did not notice that the teacher had arrived at the place as they were fascinated by the melody of the song.



2.1 We sing ,we dance

Den Niwadu kale hinda
Ne Iskole.....
Ai ai api onna
sellam kale.....
Man palaweni awa kiyala
Ammata hari asa hithila
Denawa kiuwa thegi
genalla.....

Some sang the song clapping, their hands while Pathima, Thanuja, Devi, Amal and Mohamed were dancing. The teacher was so happy to see the pupils' joyful behaviour. She too had been also praised by the Principal at the staff meeting for guiding the students of her class to score good marks at the term test.

“The pupils in our class are very good. You enjoy your selves peacefully and innocently. You do not waste your time chatting or quarreling. All of you are very good”.

“Ayubowan teacher” all the children said.

“Ayubowan children, you were all singing and dancing when I came here. How did you feel...?” the teacher asked.

“We were very happy...? Himali said.

“Thanuja started singing. We all joined her and sang” Mihiri said.

“We found what a nice voice Amal has? Amal can sing so beautifully.

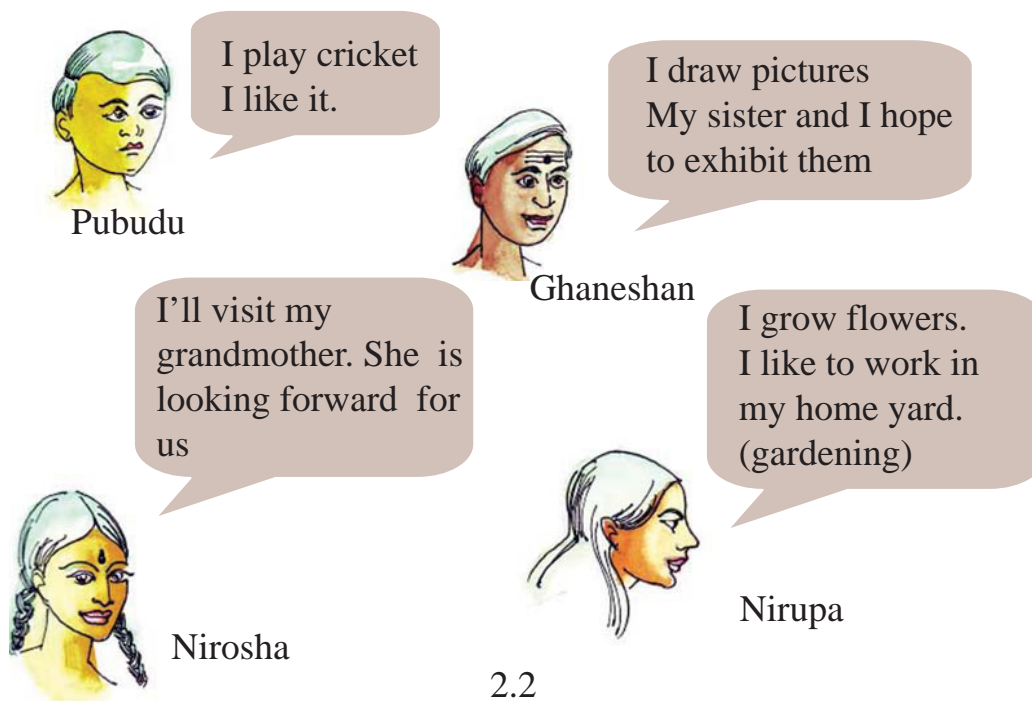
“We came to know today, that Mohamed can dance well” Devi joined the conversation.

“Just see, we identified the hidden skills of you all through this small activity. You enjoyed yourselves as well. We would not have identified any of these if we had wasted our time shouting.

It is very important doing something useful when we get some leisure, isn't it? “The teacher explained the importance of leisure further.

“Now from today you have a month's holiday.

What are you going to do during these holidays...?” the teacher asked.



2.2

“We all like leisure. Spending leisure in an unwanted manner is worthless.” the teacher said.

“Teacher, I like to collect stamps. I prepare my stamp album in my leisure time” Thanuja said.

“Yes, different things are done as leisure activities. There is something useful in each of those.”

“How we spend leisure varies according to our likes. Anyhow, it is very important to spend one’s leisure without wasting time unnecessarily. Also it is not good to neglect your studies by watching cartoons, tele dramas and playing computer games” the teacher said finally. In the meantime the bell rang, to indicate the end of school hours.

Think of the way you spend your leisure. You may have seen some people gossiping and sleeping during their leisure. It is very unfortunate to spend your valuable time uselessly. Therefore, if we get used to spending our leisure gainfully, we all will be benefited. Let us keep that in mind “Time is as precious as gold”.



Activities

1. Write some activities which you engage in your leisure time.
2. Given below are some leisure time activities and ideas expressed by some pupils who were engaged in such activities. Say whether you like them or not. Give reasons.

Name of Pupil	How to spend the leisure	Whether you like or not	Reason
Sunimal	Playing Computer Games		
Lalitha	Gardening		
Muneera	Reading books		
Edward	Helping father with his gardening		
Shalika	Sleeping		
Dilini	Watching Cartoons		
Nilupa	Collecting Feathers		
Manoj	Listening to Songs		
Samanmali	Helping her mother		



The leisure we get

We get long and short school holidays as students. These can be at the end of the term, weekends, public holidays, in the evening of weekdays and in the school times too. During this time you may engage in extracurricular activities, tuition classes, sports and music etc. Sometimes you will get leisure at school accidentally. On some occasions, you may get free time while learning. For example you are given 10 minutes to complete a mathematics exercise and you complete it within 5 minutes, then you get 5 minutes free out of the time given.



How do you spend your leisure at school?

1. Do you speak with your friend next to you?
2. Do you read a book, which you have taken from the book corner?
3. Do you sing a song tapping on the table?
4. Do you try to write a small poem?
5. Do you pass round a light funny story to your friends?
6. Do you read the next exercise in your Mathematics book?

Let us think whether the above activities are suitable or not for the classroom. You will admit that disturbing others during your leisure time is not a good thing at all.

Therefore, you must have a clear understanding of what you should do. You may have seen some students playing inside the classroom when the teacher is not present. You too may have done the same. It is important to realize what time or what place is suitable to play or what are the results of playing in the classroom. It is your responsibility to do the correct things at the correct time.

As long as you are responsible for yourself, teachers may not have to treat the injured, or settle quarrels and you will not be blamed by other teachers.

Leisure will activate you



Activities

Read the incident given below

Treen..... Treen... Treen.....That is the bell indicating the beginning of the interval.

Students get ready to have their snack after the Mathematics teacher leaves the classroom. Nisansala and Praboda finished eating much earlier and went to the tap. It was located near the school fence. In the land next to the school there was a mango tree full of mangoes. Nisansala and Praboda went near the tree through the barbed wire fence. They picked the sticks on the ground and threw them at the mangoes. A mango had fallen on Nisansala's forehead and bruised the area near his eye. With that, the bell rang indicating the end of the interval. When Proaboda tried to creep through the fence, his shirt got entangled and was torn. At the end of the interval, the two friends came into the classroom with the torn shirt and an injured forehead.

1. Give your views on how Nisansala and Praboda behaved during the interval.
2. Suggest some ways to spend one's leisure usefully during school time.

Group Activity

1. Complete the above story dividing the class into groups. Present your final story to the class.



Ways of Spending Leisure

We know that different people spend their leisure in different ways. Let us consider the ways of spending leisure gainfully and meaningfully. These ways can vary according to time, place or facilities we get. For example, even though you wish to go swimming at your leisure, you may not get a chance at once. A Swimming Pool, a safe stream and bathing costumes are needed. Supervision by an adult is also needed at the same time. In such a situation this activity can only be carried out during the weekend or week-day evening. We can get pleasure by admiring natural beauty of our surroundings at leisure, without any expense. For those who are willing to read, knowledge and pleasure can be gained by using libraries.

You must have heard various stories on mass media about innovations of people. Those people used their leisure for such creations, at little expense. Their life is a model of how they marched ahead energetically overcoming their mistakes, hardships and short-comings.

There was a news item on a recent telecast about two brothers who invented a low cost machine to separate mud from sand at the bottom of the rivers and lakes. This information shows that by spending leisure meaningfully and effectively one can help oneself and others as well.

Let us consider the various methods of spending leisure. We could classify these methods under two categories.

1. Sports and hobbies
2. Aesthetic activities

Sports and hobbies

Sports has been one of the major means of spending leisure even in the past. We know that from sports and games we gain a balanced body and mind and the ability to accept victory and defeat in the same spirit and with patience. People involved themselves in

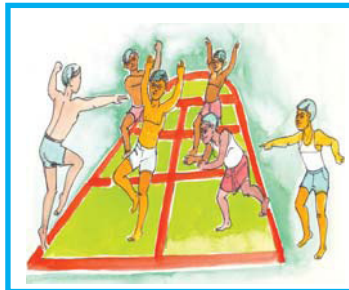
various sports and games to spend their leisure. Farmers in particular, play games after working and reaping their harvest during the Sinhala New Year Seasons. Some games are shown here.



2.3 Pillow fights



2.4 Tug of war



2.5 Thachchi Peneema



2.6 Revolving Swing



2.7 Pancha Keliya



2.8 Draughts



2.9 Volley ball



2.10 Swinging

There are several popular games in our country

Group games / Sport - Cricket , Volleyball , Elle, Netball,

Individual Games - Swimming, Walking, Running, cycling

Indoor Games - Draughts and Pancha keliya



Fig. 2.11 Swimming self-discipline etc. All these are developed through sports, and further one can gain the ability to face victory and defeat equally well and to behave in a peaceful manner.



Activities

Read the description given below:

At a Sinhala New Year Festival the last runner in a relay team ran well ahead of the other competitors confirming victory. But before passing the finishing line, he threw up the batten in the air because he was overjoyed. The Judges decided that the team should be disqualified as the runner did not have the batten with him when he passed the finish line.

Give your views about this incident.



Look at this newspaper report. It shows a catastrophe caused by spending leisure in an improper way. We should always be on the alert for our protection. Swimming is a good way to spend leisure. But, we must realize its dangers.

We should always be concerned about the possible risk. There are notice boards saying “Swimming or bathing is dangerous here” at some point on rivers and streams. It is important to obey them and take the advice of elderly persons.

When considering leisure time activities, we notice that people engage in various types of hobbies.



Cycling
fig. 2.11



Gardening
fig. 2.12



Reading
fig. 2.13

Look at the pictures above. How we can spend our leisure in a useful and pleasurable way are given in those pictures. Collecting feathers, sea-shells, old coins, studying about birds and animals and raising pets, collecting stamps, can be mentioned as some other important leisure time activities.

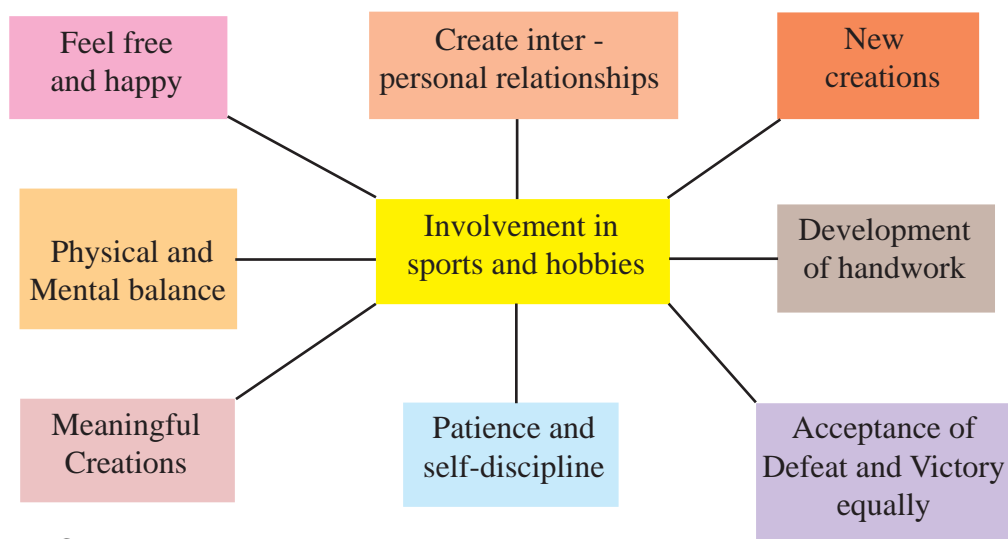
You too may engage in such activities during your leisure. How happy you feel when smelling the fragrance of flowers in your garden. How relaxed you feel, when you see butterflies and bees flit about in your garden, or when dew drops sparkle in the sunlight on flower petals!

Your hobby brings happiness to the members of your family too. When your friends come to your residence, you may take them to show them the flowers in your garden. When they are pleased on seeing them, they may give you new ideas and suggestions to improve the beauty of your garden. You can get their help for a new

task like making a pond there. Your garden also may help you to calm down when you are under stress.

Similarly, the stamp album, fish tank etc. will bring happiness to you and others as well. What a pleasure you can get, when you enjoy the harvest of your own vegetables and fruits with your family or when you share them with others. You feel a great pleasure and self-esteem when you receive praise and encouragement from others.

Sports and hobbies help to develop good attitudes in people. Given below are their values and importance:



Aesthetic Activities

There are many aesthetic activities which can be used to make our leisure useful and meaningful.

There is a famous saying;

“An aesthetic mind never goes astray” What this means is that aesthetics brings about changes in one’s mind to pave the way for the correct path.

Given below are some Newspaper Advertisements showing the aesthetic activities of people.



Read the newspaper extract given below:



Suranga Samarawickrama a Grade 7 Student, in Namal Uyana Vidyalaya will present a show to exhibit skills developed during his leisure. He loves birds very much and spends most of his time with them during his leisure. Suranga is very keen about this and now he can imitate the sounds of various birds.

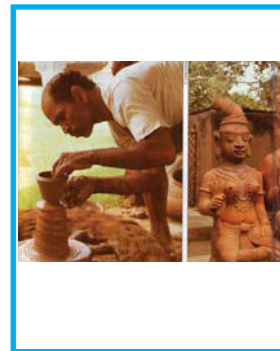
That is the story of a student who enjoys the productive results of leisure spent on an aesthetic activity. He performs for the pleasure of others. When his talents are appreciated by others, the self-esteem he develops will boost his personality. In addition to the above mentioned aesthetic activities creation of handicrafts, playing various musical instruments, singing, moulding statues, painting are some of the other activities one can engage in and enjoy.



Arboricks
fig 2.15



Wood Craft
fig 2.16



Sculpture
fig 2.17

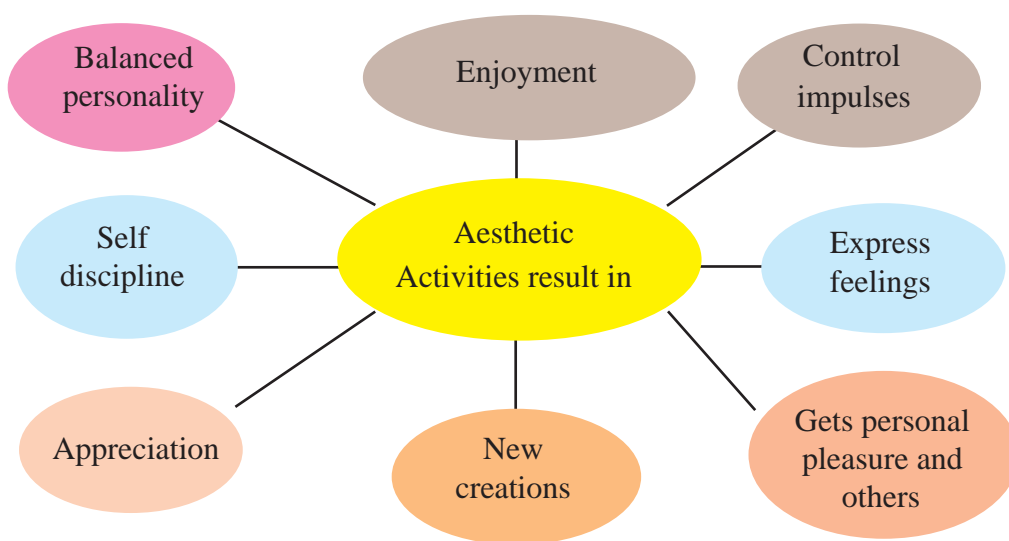
What kind of experience can we get when we paint during our leisure? If we want to draw a harvesting scene first we have to imagine such a place. Then, this mental picture has to be sketched on to a paper, suitable colours selected with care and the art work completed calmly. During this whole process our mind is totally concentrated on the painting. Our mind is focused on the achievement of a single aim as if in a meditation. When the finished work of art is seen, we feel happy, experience lightness of mind, enjoy self-esteem and get some self-satisfaction as well. We are more tempted to continue when our creations are appreciated by others. As a result, we develop the ability to do more excellent creations and enjoy them. We realize that we have gained a lot by spending our leisure meaningfully.

Nowadays, patients undergoing cardiac surgery are provided soft back ground music. This is one of the best examples to show that music can calm down one's mind. Beautiful fish tanks, flower pots

are placed in some hospitals for the same purpose. Mild music is piped at Air ports, Air Craft and Ships, with the same intention of giving solace to people's mind.

By engaging ourselves in aesthetic activities at our leisure, we are benefited not only by spending time usefully but also by presenting our creations to others. Our feelings can be expressed as songs, dramas or novels at the same time pleasing others through them. Such innovators will become popular and famous. You can build up a strong personality by directing your feelings to creative activities.

By observing the sketch below you may understand the benefits you can gain by aesthetic leisure activities.





SYNOPSIS

Everybody needs leisure

There are various ways of spending leisure. We must involve ourselves in useful activities such as sports, hobbies and aesthetics during our leisure.

Leisure activities vary according to people's tastes and desires.

It is important to spend leisure in a meaningful and useful way. This helps develop one's personality and self-esteem. By this, society too will benefit.