

Encouraging **Constructive Use of Time:** Activity

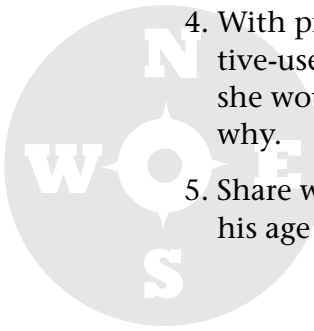
The Constructive-Use-of-Time Assets (17 to 20) are as follows:

- 17. Creative Activities:** Young person spends three or more hours per week in lessons or practice in music, theater, or other arts.
- 18. Youth Programs:** Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in the community.
- 19. Religious Community:** Young person spends one or more hours per week in activities in a religious institution.
- 20. Time at Home:** Young person is out with friends “with nothing special to do” two or fewer nights per week.

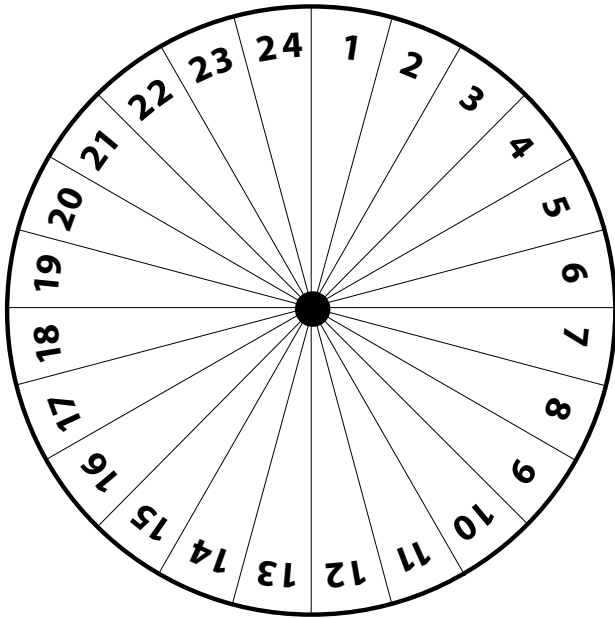
Children and teenagers need opportunities to explore who they are and where they fit in—to find satisfying activities and learn new skills. The following exercise can help you build the Developmental Assets* in the constructive-use-of-time category.

When children are younger, parents manage most of their time. But as children get older, they need to learn time management skills and start making their own choices. This activity creates a conversation about many ways young people can use their time in asset-building ways.

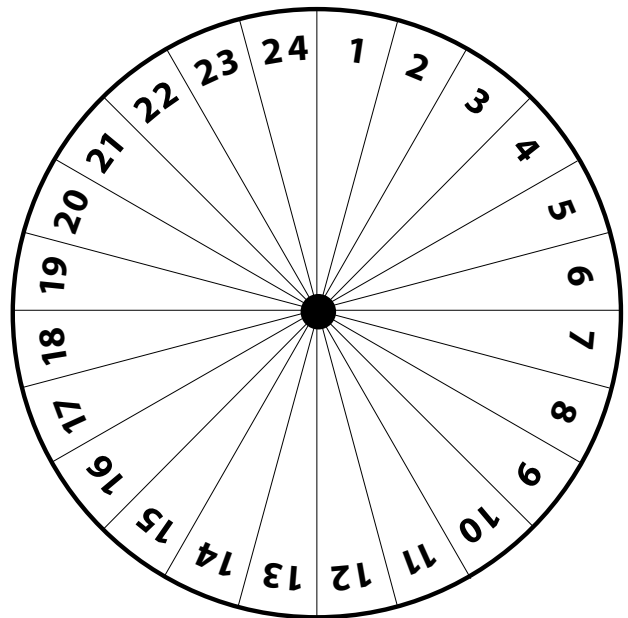
1. In the first circle, representing a 24-hour day, have your child fill in (or fill in with your child) the hours he or she now spends on various activities (sleep, television, meals, school, play, homework, or other activities).
2. In the second circle, have your child fill in how he or she wishes the day looked.
3. Talk about what your child changed in the second circle and how to make some of the changes happen.



4. With preteens and teenagers, discuss the assets in the constructive-use-of-time category. Ask your child which activities he or she would like to participate in that would build these assets, and why.
5. Share with your child any of the activities you enjoyed at her or his age and why you think they were important to you.



How I spend my time now



How I'd like to spend my time

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