

# THE *Luxury* OF LEISURE

YOU'RE LUCKY TO HAVE SO MUCH TIME ON YOUR HANDS



You might think you have a lot you have to do, between schoolwork and chores. But you have more free time and more ways to spend it than almost all the Canadian kids who came before you. For centuries, work and life all blended together. Whether it was picking berries, hunting, carrying water or looking after little brothers or sisters, kids and adults worked together to do what needed to be done. In settler families, children might go to school, but they would still be expected to look after animals, help in the garden or fields or on the fishing boat, and with jobs around the house. In towns and cities, many children would have to work to help earn money for the family. Sometimes that meant long hours in the family store or in dirty, dangerous factories. In mining areas, it was common for boys and girls to start work when they were as young as 10 years old.

**FOR MOST OF CANADA'S HISTORY, ONLY KIDS FROM WELL-OFF FAMILIES HAD THE TIME AND MONEY THAT ALLOWED THEM TO DO THINGS JUST FOR FUN.**

Eventually the government said that kids had to go to school at least until they were teenagers. And while some kids still do work after school to help their families, most now have hours and hours of freedom every day to play sports, read, take dance or piano lessons, play with pets, do crafts and hobbies or all kinds of other fun things.

**ASK SOME ADULTS YOU KNOW WHAT THEY DID WITH THEIR SPARE TIME AND WHO THEY DID IT WITH. WERE THERE GROWN-UPS AROUND OR NOT? WHAT DO YOU DO WITH YOUR SPARE TIME? WHO'S AROUND?**



**HOW MUCH TIME DO YOU SPEND OUTSIDE? HANGING OUT WITH YOUR FRIENDS . . . IN PERSON? PLAYING AN INSTRUMENT OR READING? GOOFING AROUND WITH A PET?**

**HOW MUCH TIME DO YOU SPEND GAMING, WATCHING VIDEOS OR DOING OTHER ONLINE STUFF? HOW DO YOU FEEL WHEN YOU QUIT FOR THE DAY?**



Until the last 15 years or so, if you wanted to do something fun with other people, you pretty much had to go find a brother or sister or get together with your friends. Even watching a show or listening to music wasn't something you could do alone — most families only had one TV or radio.

**WHICH DO YOU LIKE BETTER:**  
**DOING THINGS ON YOUR OWN OR WITH OTHERS? OR A BIT OF BOTH?**