

Time Off Menu

Assessing How to Spend Time Off: How do I feel? What are my needs? What would feel most restorative and helpful for my time off?

Type of Time Off	Needs	Ways to Spend Time Off	Where can you do this?
Hour Off	Socialization Chill Low energy exertion Change of Scenery	<ul style="list-style-type: none"> • Parallel reading • Watch a movie or show • Do a puzzle • Listen to music and hang 	<ul style="list-style-type: none"> • Staff space • Favorite spot in camp • On a bench • At a picnic table • Outdoor space • A space you normally don't spend time in
Hour off	Alone time Quiet Rest	<ul style="list-style-type: none"> • Read • Take a nap • Meditation • Take a walk • Movement of choice (ie yoga, 	<ul style="list-style-type: none"> • Staff space • Favorite spot in camp • Cabin (if campers aren't in there) • Quiet area
Night off	Active socialization Camaraderie High energy Community Body movement	<ul style="list-style-type: none"> • Play games • Casual hanging out • Play a sport • Replicate a favorite evening program 	<ul style="list-style-type: none"> • Outdoor space • Staff space
Night off	Alone time Rest Relaxation Calming	<ul style="list-style-type: none"> • Watch a restorative yoga video • Listen to music & water color • Read a light book 	<ul style="list-style-type: none"> • Quiet area • Staff space • Unoccupied space • Separated outdoor space
Day off	Socialization Low energy exertion Rest	<ul style="list-style-type: none"> • Relaxation day (reading, yoga, lay in the sun listening to music) • Unstructured day to hang and lounge 	<ul style="list-style-type: none"> • Staff space • Quiet area • Outdoor space
Day Off	Social Time Alone Time Rest Movement	<ul style="list-style-type: none"> • Spend the first half of the day alone reading, journaling and listening to music • Spend the second half off the day hanging with friend, maybe doing some movement together 	<ul style="list-style-type: none"> • Quiet area • Staff space • Unoccupied space • Separated outdoor space