

# RE-CREATION

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Curriculum Division

One of the fundamental objectives of education set forth by the N. E. A. and adopted in our schools, is avocational efficiency, or the worthy use of leisure. In consonance with this objective, our courses of study, textbooks, and other teaching aids and materials, have provided means, by which varied sorts or activities which may be engaged in at leisure time, are taught directly or indirectly to the pupils. These are further supplemented by the introduction of more vocational subjects in both the elementary and high school curriculum.

We are a member of the social group in which we live, and as such, we should contribute to the welfare of our community, so that every one, including our own selves, will be happy. Even our leisure time activities should contribute to the welfare of society. We therefore need to interpret these leisure time activities in terms of social welfare. Let us see what qualities these activities should have in order to be "worthy."

Leisure time must be spent in real play activities, or recreation, where everyone is "re-created" or created afresh. The activity must refresh strength and spirits after toil.

The recreation must be a pleasurable activity. Every one should be able to derive pleasure from the activity. Many kinds of entertainment do not reach up to this standard of true recreation, especially those wherein the individual does not participate. This means that, to be able to derive pleasure, one must take part in the activity itself. This may raise a question regarding the following activities: listening to radio programs, musical programs, etc. These ac-

tivities may become pleasurable ones for one who has helped put up the radio programs, or for one who has helped arrange or initiate a musical program for the community.

The recreation must be a stimulating activity. A good example of a stimulating activity is gardening. This activity stimulates one physically, it creates beauty, it renders a great service to all.

Then, the activity must be wholesome. This means that it does not harm any one: nature, the lower forms of animals, the individual, and the community. Collecting would not be wholesome if in its pursuit, one deprives others of the beauty of nature, or of their belongings. Singing would not be wholesome if it is done at unholy hours. Horse riding would be very wholesome provided it stimulates the rider physically, it refreshes him, the rider does not harm the horse, and the community does not cultivate unwholesome habits.

We can therefore analyze our recreational activities in terms of these criteria:

1. Is it a refreshing activity?
2. Is it a pleasurable activity?
3. Is it a stimulating activity?
4. Is it a wholesome activity?

Aside from the above, we need to draw a line between recreation and work, because there are many times when an activity which starts as recreation ends as work. In recreation, one engages in an activity without any thought of physical exertion, or any remuneration afterwards. When one is in a game just for fun or for love of it, the activity is recreation; whereas, when he aims at winning a prize, then

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