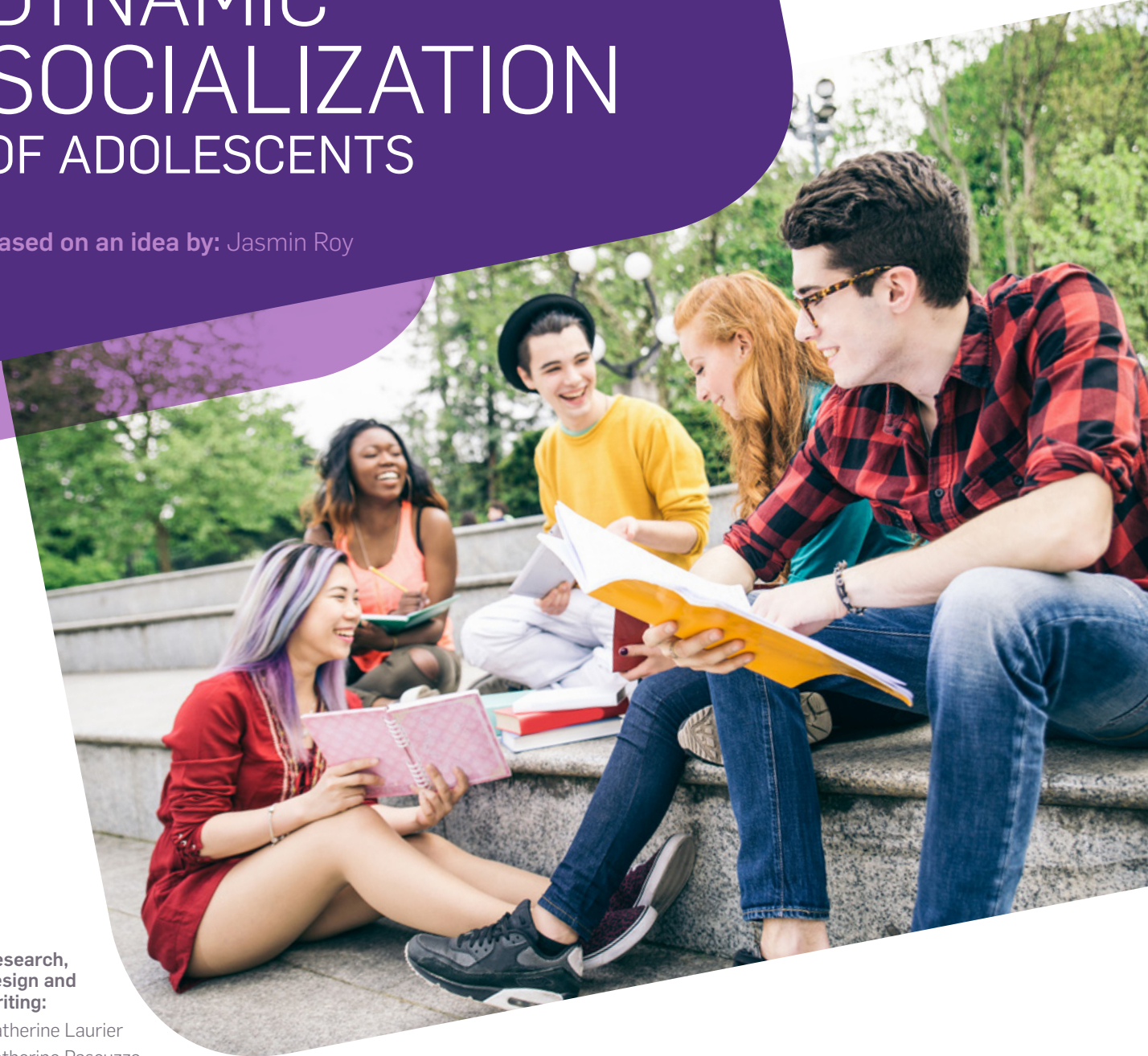


A GUIDE TO PROMOTE THE DYNAMIC SOCIALIZATION OF ADOLESCENTS

Based on an idea by: Jasmin Roy



**Research,
design and
writing:**

Catherine Laurier
Katherine Pascuzzo
Rémi Paré-Beauchemin
Jean-Sébastien Bourré

EXTRACURRICULAR ACTIVITIES IN MY ENVIRONMENT

TOOL 3

Extracurricular activities (sports and other physical activities, cultural and community activities) can contribute not only to students' success, but also to their sense of belonging to their learning environment. Promoting access to extracurricular activities allows students to develop sports, artistic and concentration skills and to socialize in a structured context and environment while adopting healthy and safe behaviours. It also allows them to enhance their interest in a particular activity, develop their self-esteem and increase their intrinsic motivation for school, among other things.

It is therefore essential that public and private educational institutions offer all students extracurricular activities at school after school hours and in the local community.

Here are some questions to initiate a discussion on the topic with students.⁴

1. Are you familiar with the extracurricular activities offered at your school?
2. Can you name at least three activities offered?
3. Which ones are you interested in?
4. In your opinion, what interesting activities could be added?

4 - For more information, consult the Busy Bodies, Active Minds extracurricular program at the following link:
[Busy Bodies, Active Minds | Ministère de l'Éducation et Ministère de l'Enseignement supérieur \(gouv.qc.ca\)](#)