



GO HARD OR GO HOME

TIME IS VALUABLE



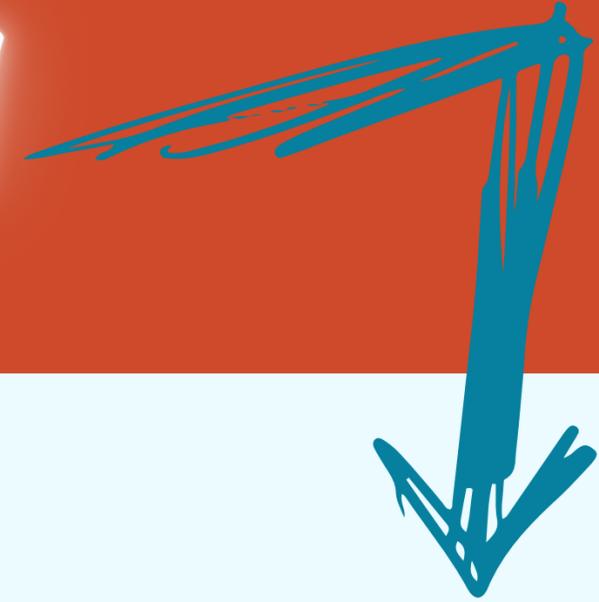
INTRODUCTION

Today, we will:

- * Discuss the importance of time management
- * Create a personal agenda or schedule



SEL CONNECTION



Today, we will practice **self management** by reflecting on our days and creating a personalized schedule.





ICEBREAKER

RIDDLE ME THIS



RIDDLE ME THIS

I have to work every day, every second, every hour,
every minute, day in day out.

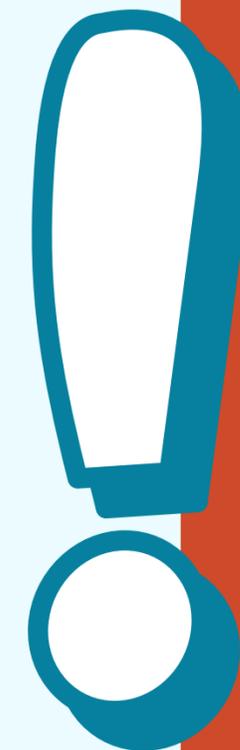
WHAT AM I?



RIDDLE ME THIS

I have to work every day, every second, every hour,
every minute, day in day out.

A CLOCK!



RIDDLE ME THIS

What gets bigger and goes up but doesn't come down or get smaller?



RIDDLE ME THIS

What gets bigger and goes up but doesn't come down or get smaller?

YOUR AGE



RIDDLE ME THIS

What happens twice every day, once on Tuesday, but never in a day?



RIDDLE ME THIS

What happens twice every day, once on Tuesday, but never in a day?

THE LETTER E



RIDDLE ME THIS

I can crawl, I can fly, I have hands but no legs or wings.

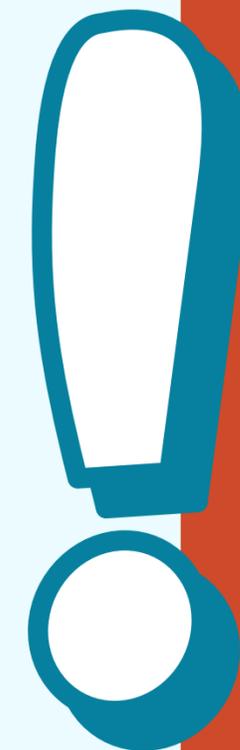
WHAT AM I?



RIDDLE ME THIS

I can crawl, I can fly, I have hands but no legs or wings.

TIME



RIDDLE ME THIS

What is the theme of all of these riddles?



ICEBREAKER

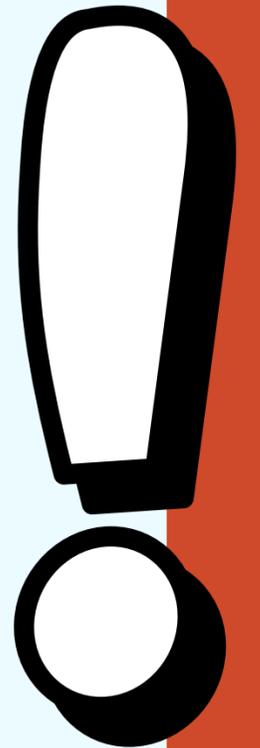


ACTIVITY

RIDDLE ME THIS



TIME





**LESSON
PART ONE**

MANAGING TIME



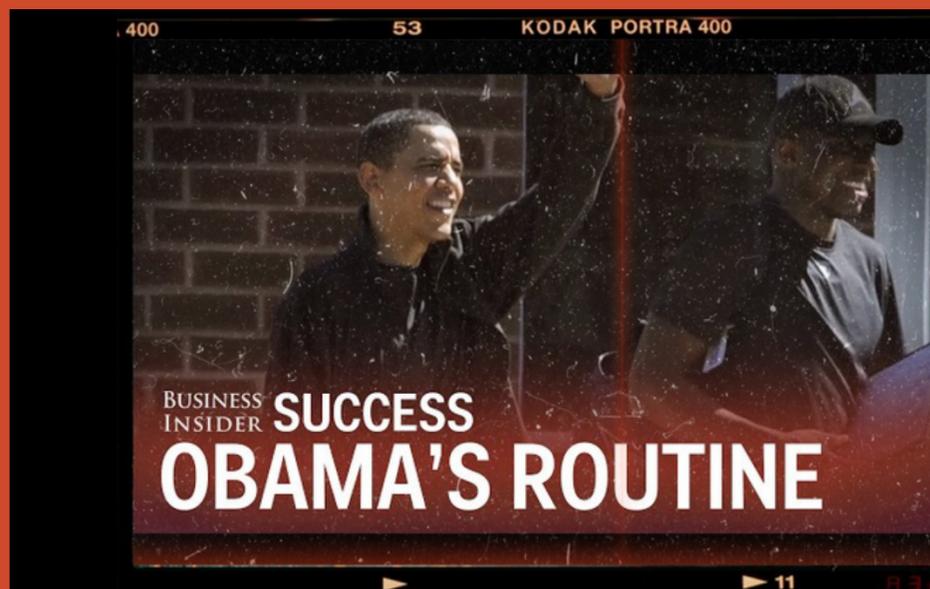
LESSON: PART ONE



WATCH A VIDEO

MANAGING TIME

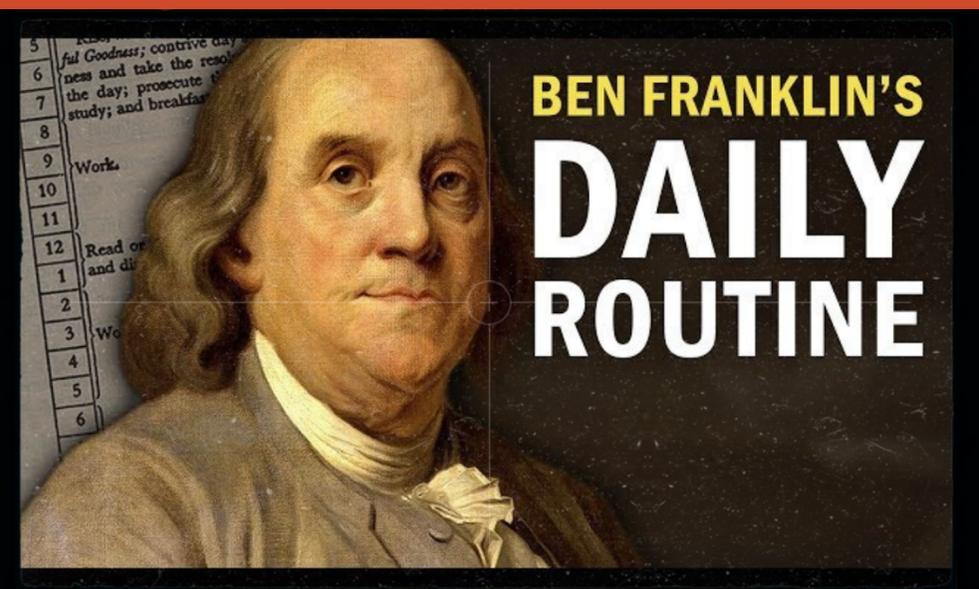
Be sure you have your 5 Thoughts document ready to write on!



How President Obama
Manages His Time



How Obama Managed a
Healthy Work-Life Balance



How Ben Franklin
Structured His Day





MANAGING TIME

- What do you think Benjamin Franklin meant by “What good shall I do this day?”
- During his presidency, how did Barack Obama set his intentions for the day?
- What are some of the similar things Ben Franklin and Barack Obama valued enough to include on their schedules each day (e.g., spending time with family, sleeping, eating a meal)?





LESSON PART TWO

CREATING A SCHEDULE



LESSON: PART TWO



WRITING

CREATING A SCHEDULE



Use the **Day in My Life Schedule Tracker** and reflect on the following questions.

- How do you wake up? *(Note: This is different from “What time do you wake up?”)*
- What good do I want to accomplish today?
- What is my plan for spending my time today? What parts of my plan are already scheduled (e.g., school, work, catching the bus)?
- How do you reset your schedule for the next day?
- What am I proud of from today?
- How do you fall asleep? *(Note: This is different from “what time do you go to sleep?”)*



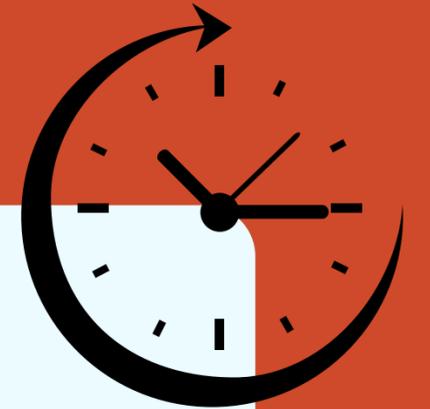


DEBRIEF / EXTENSION





TIME IS VALUABLE



- How did you celebrate the moments you stuck to your schedule?
- How did you reflect on the moments you did not stick to your schedule?
- How did you account for the things you did that were not on your schedule (the unexpected / unplanned things)?
- Who helped keep you accountable to your schedule?
- What might another version of your schedule look like next time?

