


TIME PIE CHART

Age group	Primary School, Grades 6 – 9; Secondary School, Grades 1 – 4
Competency features	<p>Ability to shape ideas into plans and bring them to fruition</p> 
Aims	<ul style="list-style-type: none"> ▪ to understand the necessity of time management (both at school and outside of it). ▪ to develop communication skills. ▪ to develop rational thinking ▪ to enliven the class
Timing	15 – 20 minutes during classes
Location	indoors
Resources & materials	pen and paper; if desirable, printouts with a big circle can be provided.
Description	
<ol style="list-style-type: none"> 1) Teacher tells students to mark up the circle with their daily activities and how much time they require. 2) They are quickly done, and a discussion follows. Individual activities are considered, whether they are being assigned too much time or too little (sitting at the computer vs. sleep). The importance of time planning is highlighted. 3) An advanced version of the exercise would involve a paper written at home and dealing with the issue of time management. In that case, teacher should assess its creativity, detailed description, and realism of the daily schedule presented. 4) During the discussion, teacher ought to list specifically four areas that need to be in proportion. If one of them is exaggerated and/or suppressed, the person tends to be unhappy and or treading water, long-term. These areas are: <ul style="list-style-type: none"> • Relationships (family; partner; friends ...) • Personal development (school; educational courses; acquisition of new skills; reading articles in specialized magazines ...) • Work (at home; temping ...) • Rest (sleep; hobbies ...) • Health (food; regular exercise, conscious relaxation ...) 	
Risks and recommendations	Students often forget about some activities, like ordinary travel

	(getting to school, back home, to courses and/or evening classes, etc.). Teacher ought to have a detailed list of mundane, everyday activities lest they be not skipped over.
Feedback	<p><u>Questions for discussion:</u></p> <p>What is the most time-consuming activity of your usual day? What benefit does that activity provide? Is the split between activities well balanced? Which activities listed in your pie could you cut down on? Which activities on your list deserve more time? Which activities could be made more efficient, and how? (looking up better transport connections; waiting time used actively – reading, listening, attending an activity ...)</p>
Application in classes	This exercise may be used in practically all the classes, as long as the teacher feels it could be useful. Mostly teachers of social sciences would take up this opportunity. It could also be used in math as well (practising fractions, perhaps).
Inspired by	Prevention Manual and Course devised by Renarkon and RPIC-VIP, Ostrava 2010
Notes	