

## 8th Grade Homeroom Lesson: April 8th

- **Essential Question:** How can I continue to be successful as a student in a virtual learning setting?

**Let's Get Started:**

Watch Video:

[A Powerful Lesson on Time Management](#)

**OR**

You can print the agenda/  
to-do page.

You can use your school agenda.


You will also need a piece of paper and a writing utensil for this activity.

# How I Spend My Time

Where do I spend the most time?

Use this Pie Chart to display how you spend your time:

Key



**Add your activities on the pie chart varying the size of “pie slice” related to how much time you spend doing the activity.**

**Make a list of activities that you usually do on an average day.**

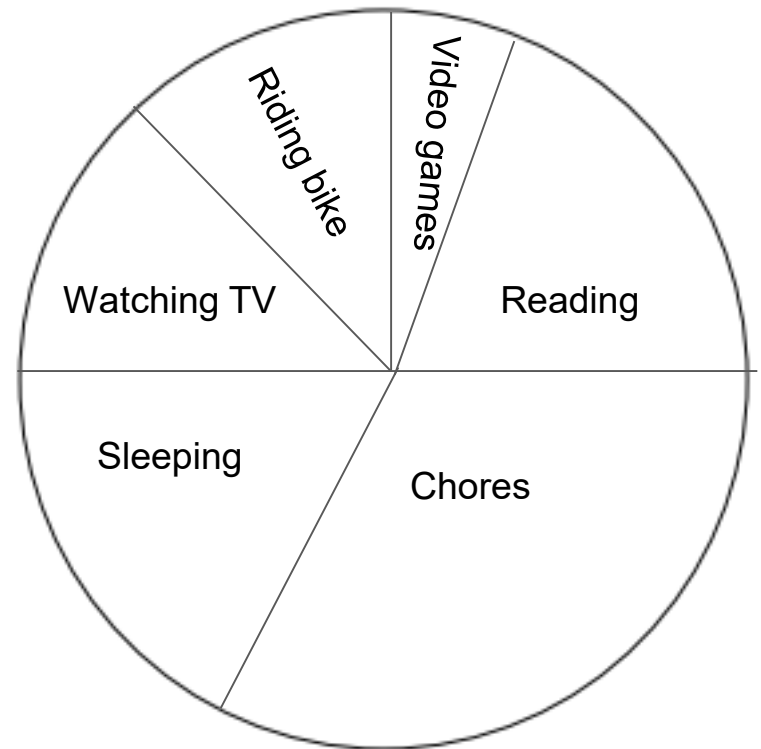
**Example on next slide**

# How I Spend My Time

Where do I spend the most time?

Use this Pie Chart to display how you spend your time:

Key
Chores
Homework
Playing video games
Riding my bike
Reading
Watching TV
Sleeping



Fill this chart out to determine how you do spend your time and how you *SHOULD* spend your time:

Activity	Actual Time	Ideal time
Fill in the activities from your previous list. How much time do you actually spend on each activity during the day?		
What is a good amount of time you should spend on the activity?		

## Reflection

What can you do to plan your time so that it reflects your most important priorities and so you feel good about the way you spend it?

What might be difficult in doing so?

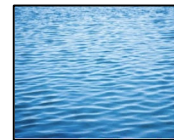
Who can support you in managing your time well?



What are your Rock  
**PRIORITIES?**



What are your pebble  
**PRIORITIES?**



What are your WATER  
**PRIORITIES?**

## Let's make a plan!

The following slide has a sample Agenda/To-Do list. You can also use your school agenda. Try making a list of your priorities today. Determine what are the most important activities you have to accomplish and create a plan of action.



Think about ...

How much time do you need to complete each task?

What happens if you have a setback?

How will you stay on track? Watch out for “digital distractions”.

Take time to review the Success tips article from april 6th

**PLAN FOR TODAY** \_\_\_\_\_

8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	

**TO DO LIST:**

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- 
- 
- 

**THINGS TO ASK TEACHERS QUESTIONS ON:**

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- 
- 
- 

**PHYSICAL ACTIVITY FOR THE DAY:**

**SELF-CARE FOR THE DAY:**