



Homeroom Virtual Learning

8th Grade Homeroom

April 28, 2020



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Lesson: April 28th

Essential Question: How do I use my time and how can I manage time more effectively?

Take a look at this video before moving on to the lesson.



[Link to video](#)

Put First things First

Complete the table below about how you spend your time on a typical weekday.
Estimate hours, you don't have to be exact.

Activity	Hours spent	Activity	Hours spent
School Day		Time with Friends	
Religious or Spiritual Activities		Texting or being on phone	
Sports, dance/music lessons		Online-Social Media or Video games	
Homework		Studying	
Eating		Volunteering	
Sleeping		Working	
Time with family		Other (describe)	
Total		Total	

Looking back at your chart on page 3 answer the following questions:

- The things that take up most of my time are:

- Are these the things that are most important to me:

- The things I waste time on are:

- These are things I would like to do but don't have time:

Ask another individual in your home to complete the same chart.

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Time with family		Other (describe)	
Total		Total	

Compare, Share and Discuss your charts using the following questions.

1. Did anything on your chart surprise you? Other than school and sleep, what do you spend most of your time on?
2. I would like to have more time for...
3. After completing this activity, I plan on changing....