



TOPIC

Time Management

LEVEL

First Grade

THEME

Make a Schedule

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Communicate that having a schedule at school can help us to feel less stressed.

MATERIALS

- Preprinted set of activities
- Daily Image Sheet (one per student)
- Blank paper (one per student)
- Scissors
- Glue/Tape

ESSENTIAL QUESTIONS

- How can having a schedule make us feel less stressed?

CHECK-IN / WELCOME (5 MINUTES)

Say: "For today's Little Aavidum lesson, we are going to talk about Time Management. Sometimes when we have a lot of things to do or a lot of places that we need to be, it can feel overwhelming, stressful, or rushed. Has anyone ever felt like that?"

- Allow a show of hands.
- Raise your hand too to normalize the experience.

Say: "Let's go around the room and each say one thing that you do every day."

- Say: "I'll go first. I take my dog for a walk every day."
- Allow each student to share something.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Print the following terms, editing to meet the titles of your class' daily activities:

- Arrive at school
- Morning Subjects/Activities
- Go to Specials
- Lunch
- Afternoon Subjects/Activities
 - Cut them up and have them out of order.

As a class, put the terms above in the order in which they occur during the school day.

Ask students: "Why is it important that we have a daily schedule?"

- Point out to students that it is a form of time-management. Time management is making a plan about what you will do with your time.

Ask students, "How can having a plan make us less stressed?"

- Having a plan helps us feel more in control and less worried. When we know what to do and when to do it, we can tackle our tasks with confidence. This makes it easier to start doing things and keeps us from feeling overwhelmed. So, having a plan can help us stay calm and happy!

ACTIVITY: SCHEDULING (20 MINUTES)**Instructions:**

- Say: “At Aavidum, we say “I’ve got your back!” One way to take care of ourselves is by using a schedule. A schedule is like a plan that shows what happens first, next, and last. When we follow a schedule...
 - We know what to expect, so we don’t feel as worried.
 - We can remember to do important things like eat, play, and rest.
 - We feel proud when we finish something on our list.
- Having a schedule helps our brains feel calm and our hearts feel happy. It’s one way we can take care of ourselves and each other!”
- Pass out the blank schedule template.
- Students will create their own visual daily schedule using pre-printed images of activities.
- Students will receive 20 pre-printed images that they will need to cut out and arrange.
- Students only need to use 8 of the pre-printed images, since not every image will apply to every student’s schedule.
- Students will cut out and glue the pictures onto a blank schedule template, arranging them in the order they do them each day.
- Invite a couple of student volunteers to share their schedules with the class.

WRAP-UP (5 MINUTES)

Ask: “Why is it important that we have schedules, especially at school?”

Say: “Having a plan helps us feel more in control and less worried. When we know what to do and when to do it, we can tackle our tasks with confidence. This makes it easier to start doing things and keeps us from feeling overwhelmed. So, having a plan can help us stay calm and happy!”

Aavidum Challenge

Say: “Now that you’ve completed your schedule, I want to challenge you to pay attention to it and try to follow it for a week and see if it helps you to stay organized and feel less stressed. Taking care of yourself and managing your time is part of having your own back and being a good friend to yourself!”