

LEARNING OUTCOMES

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

- Recognize how time management helps us plan our day.
- Prioritize important tasks is key to managing time well.
- Understand that activities can have different time requirements.

MATERIALS

- Clock image
- Demonstration Time Pizza
- Paper Plates (one per student)
- Coloring Supplies
- Writing utensils

ESSENTIAL QUESTIONS

- Why do activities have different time requirements?
- How can I manage my time to make myself less stressed?

CHECK-IN / WELCOME (5 MINUTES)

Sit in a circle. Hold up a clock drawn on a paper plate or the board and say:

- "What does this tell us?"
- "Why do we use clocks?"

Say: "We all have the same amount of time every single day, and we do so many different things. Sometimes it can feel tricky to fit everything in. Today, we are going to think about our time like a pizza to help us try to manage our time and feel less overwhelmed."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Hold up your large demonstration "Time Pizza" with at least five parts of your day.

Say: "Imagine this whole pizza is all the time we have after school each day. Each slice of the pizza can be for a different activity."

- Explain that some activities might get a bigger slice because they take more time, and some might get smaller slices.

Ask: "What are some things you do every day? Let's think about what fills up our time."

- Refer to your pre-written list of common daily activities. Go through them one by one, asking if students do them.
 - Playing Outside
 - Arts & Crafts
 - Cooking
 - Brushing Teeth
 - Reading
 - Eating Dinner
 - Legos
 - Board Games
 - Music Lessons

- Encourage students to add their own. Write down their suggestions on the board.

Ask: "Why do some activities take longer than others? What should we do if we know an activity will take a longer amount of time?"

ACTIVITY: TIME PIZZAS (20 MINUTES)
Instructions:

- Pass out paper plates.
- Say: "Now it's your turn to make your own 'Time Pizza.' Think about all the things we just talked about. I want you to pick the activities that are important for your day after school. For each 'slice,' you're going to draw a picture or write a word for one activity you do. For example, if you spend a lot of time playing, you might draw a picture of yourself playing or write the word "playing" on one slice. If you spend time reading, you might draw a book or write the word reading."
- Say: "Before you get started, flip your pizza over and on the back, make a list of at least 5 things you do after school. Then think about how much time each one of those things take so you know how big to make your slices when you add the slices onto the front of your pizza. For example, would 'brushing my teeth before bed' be a big pizza slice or a little pizza slice?"
 - Guide toward little slice because it only takes a few minutes.
- Say "Once you've decided on your five activities, try to fill up your whole pizza! Remember, some activities might take a bigger slice of your time."
- Circulate to help students.

WRAP-UP (5 MINUTES)

When all students are finished, or close to being finished, bring students back together.

Ask if any student wants to share their pizzas with the class.

- Ask prompting questions as they share/

Lead a small discussion on the following:

- "Why is it helpful to think about our time like a pizza?"
- "How can this help us make sure we have time for everything we need to do, and everything we want to do?"
 - Guide them towards ideas like "making a plan," "not forgetting things," "having enough time for play."

Say: "In Little Aavidum, we care about having each other's backs. One way to do that is by practicing good time management and using our time in smart ways. When we plan our day, we have more time for the things that matter: learning, playing, resting, and being with friends. Good time management helps our minds feel calm, keeps stress away, and gives us space to do what makes us happy. When we manage our time well, we're not just helping ourselves. We're showing Aavidum by being ready to care for others too. Use your pizza as a guide this week to help you fit in all of your activities."