

Name: _____

Time Trap Detective



Read through each scenario to identify the time trap and think of a strategy to avoid falling into it.

CASE 1

You sit down to do your homework, but then you start watching funny videos on your tablet.

Time Trap: _____

Detective Strategy: _____

CASE 2

You're cleaning your room, but you find an old toy and start playing instead.

Time Trap: _____

Detective Strategy: _____

CASE 3

You are supposed to get ready for bed, but you keep playing with your sibling.

Time Trap: _____

Detective Strategy: _____

CASE 4

You want to help set the table for dinner, but then you notice a new show.

Time Trap: _____

Detective Strategy: _____

CASE 5

Write your own case: Think of a time when you got time trapped.

Write or draw it here: _____

Time Trap: _____

Detective Strategy: _____

Detective Hints:  Set a timer.  Ask an adult or friend to remind you.

 Take a short break, then get back on track.  Save fun activities for when the task is done.