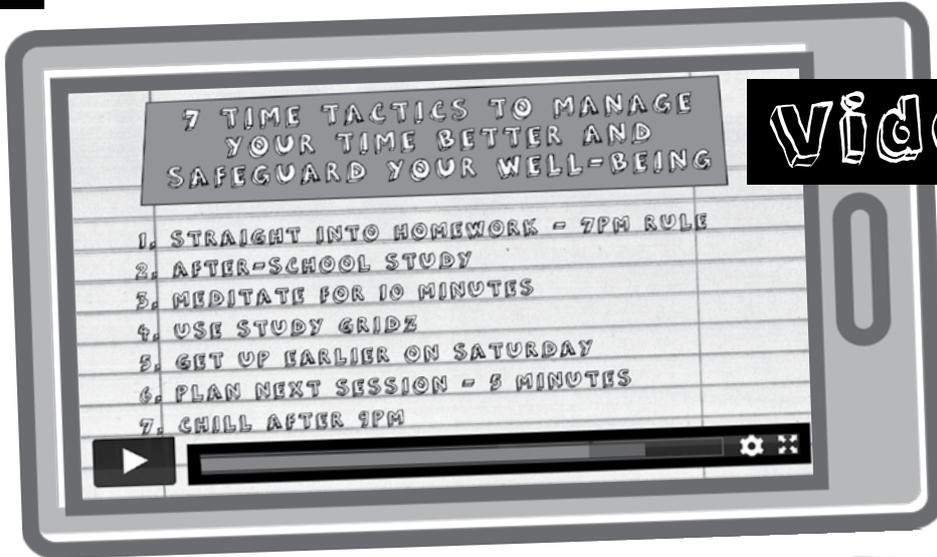




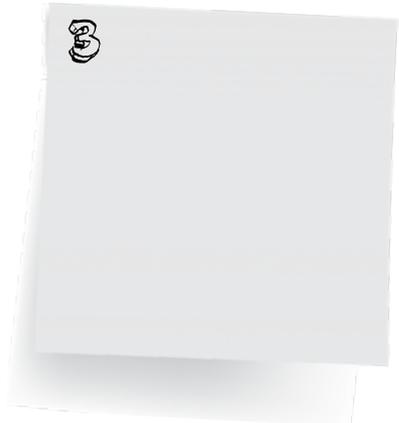
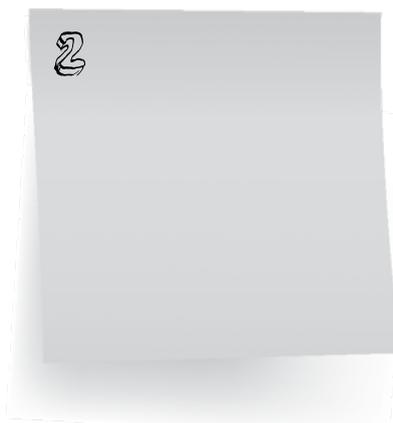
# How to use your time better and double your productivity

Plan



video

List 3 key takeaways from this video



Story

WORK SMART

"I'm GOING TO FAIL! I'm GOING TO FAIL!"

As I stood in front of my Dad, I could feel the tears running down my cheeks. This was the night before my Maths mock exam and I was panicking. Sitting in my room had got too much. Trying to cover algebra, calculus and quadratic equations had got too much for me. I hadn't planned this well.

In 6th year, I made a big mistake. I quit sport. Hurling and football were big for me when I was 13 and 14. But when I hit 17 and 18, I dropped out. I also stopped playing in my band. The plan was to focus on my studies. Now that I didn't have to attend training sessions, play games at the weekend or practice drums, I thought it would free me up to do more study. Big mistake!

Ironically, I now had too much time. In 6th year, I spent a lot of time in my room. Then I injured my back working for my Dad. My fitness was non-existent and although I had a lot more time to study, I actually got less quality work done.

## Story



My repeat year was a totally different story. I really got it together. I was happier. I was healthier. I was less stressed and way more productive. The good news: I went up by 150 points. What made the difference? I got my tactics right.



Let me share with you 7 time tactics to manage your time better and safeguard your well-being.

## Game 1

### AFTER-SCHOOL ACTIVITIES

Draw a picture of your after-school activities. How do you fill your time after school? Are you into sports? Is dancing your thing? Maybe you like to chill with your phone? Or maybe you are a gamer? Draw a picture or create a mindmap of each activity and then describe your activities afterwards with your buddy.



Plan

## Game 2

### CHILL PILL

Write down what you do to chill in the evening. Describe in detail what you did last night to relax.

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## Game 3

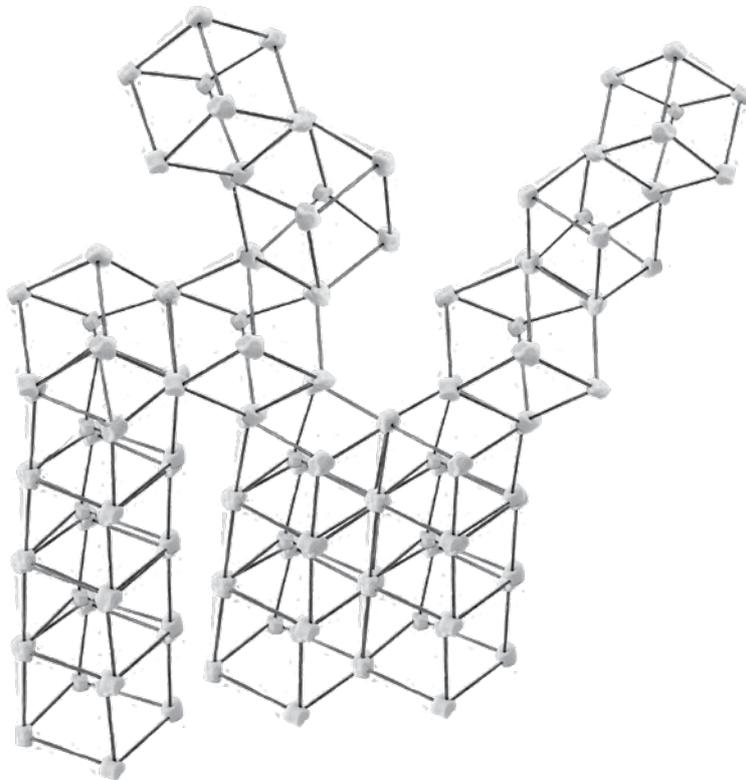
### MARSHMALLOW-AND-TOOTHPICK CHALLENGE

Divide students into groups or teams of equal numbers.

Pass out an equal number of marshmallows and wooden toothpicks to each group.

Your challenge is each team has to create the tallest, largest, or most creative structure in 10 minutes.

Afterward, have each group describe what they made.



“ If you don't manage your time, someone else will. ”

# Reflect and Connect

Rate each of the learning intentions below by shading each section. Read each statement and shade in the area to get a visual on how today's lesson was for you.

1 = Lowest level

5 = Highest level

6. I did my best and didn't give up

5. I worked well with others

1. I enjoyed today's story

