

Desire, Time, Effort

1. Dream Schedule

Spatial Requirements: Regular classroom setup: little or no space required

Activity Type: Group

Grades: 3-12

Group Size: 2 or more

Time: 15 minutes

Introduction: Often how we spend our time contrasts greatly with how we wish we were spending our time. This activity allows students to think about changes they can make to their current lifestyle, replacing wasted time with healthy and valuable time.

Materials:

- 3 copies of a blank daily page from a day planner for each student (These can be printed from www.whytry.org/activities.)
- Pens or pencils

Activity:

Give each student three copies of a blank daily planner page. On the first one, have them write down their entire day's schedule for an average day, from the time they get up to the time they go to bed. After this task is completed, ask them to think about the choices they make and if they would change anything if they could have their "dream" schedule. Emphasize the importance of making healthy and positive choices during leisure time as a means of bettering one's own life, and allow them to fill the second planner page with these new ideas. These choices can be a "dream" schedule. They don't have to be particularly realistic, as long as they are healthy and positive. This will help students plug into their "passion, purpose, and interests" as well as think of goals they wish to accomplish. After everyone has completed the second page, discuss the differences found in what they usually do and what they would like to do. Now hand out the third sheet and ask each student to fill this plan with realistic ideas, but challenge them to do something different and engage in as many healthy and positive activities as they can think of. Encourage them to try to incorporate activities from both previous plans that are healthy, positive and realistic. Have everyone share their plans, and if possible, bring them out again at the end of the week to see if anyone made positive changes to achieve the goals on the third plan. If they did, ask how it feels to make positive changes in the way they use their time.

Processing the Experience:

After 1st sheet:

- Do you feel like you are making healthy and positive choices with your free time?
- What could you gain in your life if you changed how you spend your free time?

After 2nd sheet:

- Are these activities realistic?
- Which activities are you most likely to pursue?
- Why aren't you doing these activities now?
- What would it take for you to change how you spend your free time?
- How would it help you in your own life to pursue new activities?

After 3rd sheet:

- Do you feel you will follow through with your plan? Why or why not?

*Follow-up/variation: Plan a day when working, when in school, when on vacation, a week with no TV, and/or a week with extra spending money.