


Time THIEVES

Learn about behaviors that waste time.




Karen knows she studies best when she makes flash cards to learn her spelling words. She just does not feel like doing it though.

What were the time thieves?
How could he/she do it differently?



Timmy has not started to get his favorite show on TV tonight so he rushes to do the project after the show.

What were the time thieves?
How could he/she do it differently?



Amelia forgot to write her homework down in her agenda. She has to call around asking friends what the homework is.

What were the time thieves?
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Eugene did not put out his clothes the night before or pack his backpack so he is late getting to school.

What were the time thieves?
How could he/she do it differently?



Christian just got a game, he is excited to play it like he will next day!

What were the time thieves?
How could he/she do it differently?



Dana has a soccer match this week, she has to practice every day for it. She also has a Science Project due at the end of the week. She focuses only on soccer until the match is over.

What were the time thieves?
How could he/she do it differently?



Latoya is working on her homework, she keeps checking Instagram while she is doing it.



Juan sits down to study in the living room for his math test. His brother is watching TV there too. He glances at the TV to check what is going on.

Time THIEVES

Objective:

- *Students will identify behaviors that waste time.
- *Students will describe ways to prevent time wasting.

Materials:

- *Printout of Types of Time Thieves.
- *Printout of Clocks and hour hands (one per student)
- *Game cards (cut out in advance).

Guiding Questions

- *Why is it important to recognize behaviors that waste time?

ASCA Standards Alignment:

- *Mindset: (M 5) Belief in using abilities to their fullest to achieve high-quality results and outcomes.
- *Behavior: Learning Strategies: (B-LS 3) Use time-management, organizational and study skills.
- *Behavior: Self-Management Skills: (B-SMS 2) Demonstrate self-discipline and self-control.
- *Behavior: Self-Management Skills: (B-SMS 4) Demonstrate ability to delay immediate gratification for long-term rewards.

SEL Competencies:

- *Self-management: Impulse control, self-discipline, self-motivation.
- *Responsible decision making: Identifying problems, analyzing situations, solving problems.

Activity Details (about 30 min):

*Discuss the different type of time thieves. (Use the handout as a guide). "There are many forms of time thieves in our lives, they sometimes sneak up on us and take precious time out of our day. If we can catch these time thieves, then we can be more productive in our daily lives. Let's go over a few of the common time thieves so we can be ready to spot them." The first is distractors, this can be a variety of things or even people. Cell phones, tablets, TVs, games, toys, your sister playing loudly in the same room, all of these can be distracting to you and take time away from getting work done. The next time thief is being lazy, this can be that general feeling of "I just do not want to do it" or "I feel like sitting on the sofa and doing nothing all day". This thief makes us not get much done with an attitude like that. Another very common time thief is procrastination. This means putting something off until later. This can lead to rushed work and even unfinished work if we put off our work for too long. The next time thief is not focusing, this looks like wandering thoughts and day dreaming. It is thinking about things that have nothing to do with the topic. It can also be fooling around or doing anything off task of what you are supposed to be doing. The last time thief is lack of planning. This happens when we do not properly prepare for our work, it makes us waste time. Now that we know the time thieves, let's practice recognizing them and getting ideas on how to prevent them."

*Pass out a clock and hour hand (one per student). "We are going to take turns picking up game cards, on the cards are scenarios. When it is your turn, read the card aloud and find the time thieves in the scenario. For each time thief you find, you move forward one hour. So, if you find 3 on your first turn, you would move the hour hand to 3 o'clock. The goal is to reach midnight."

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Types of Time Thieves



Distractors



Being lazy



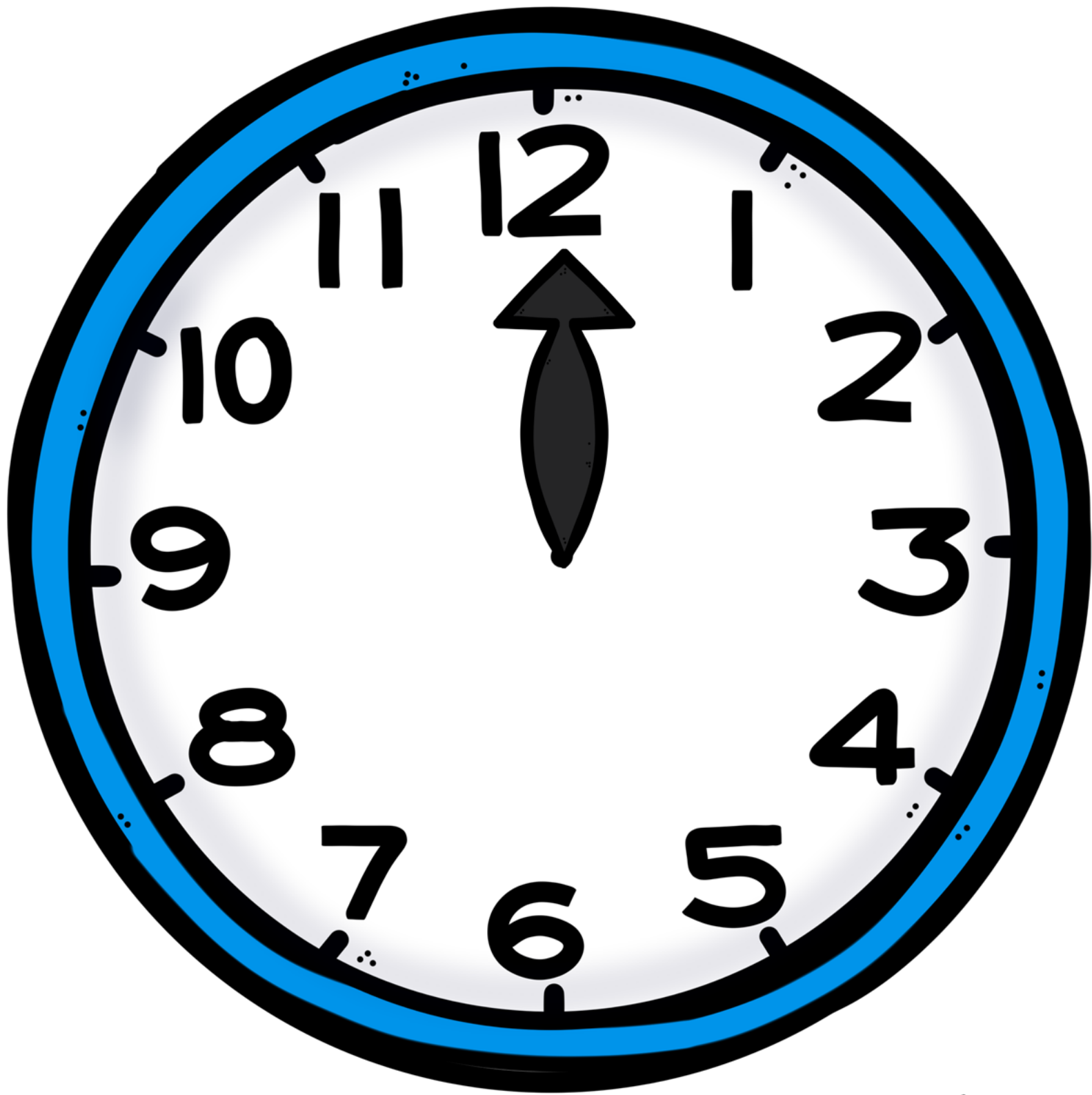
Procrastination



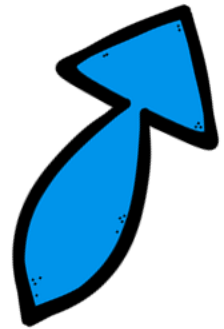
Not focusing

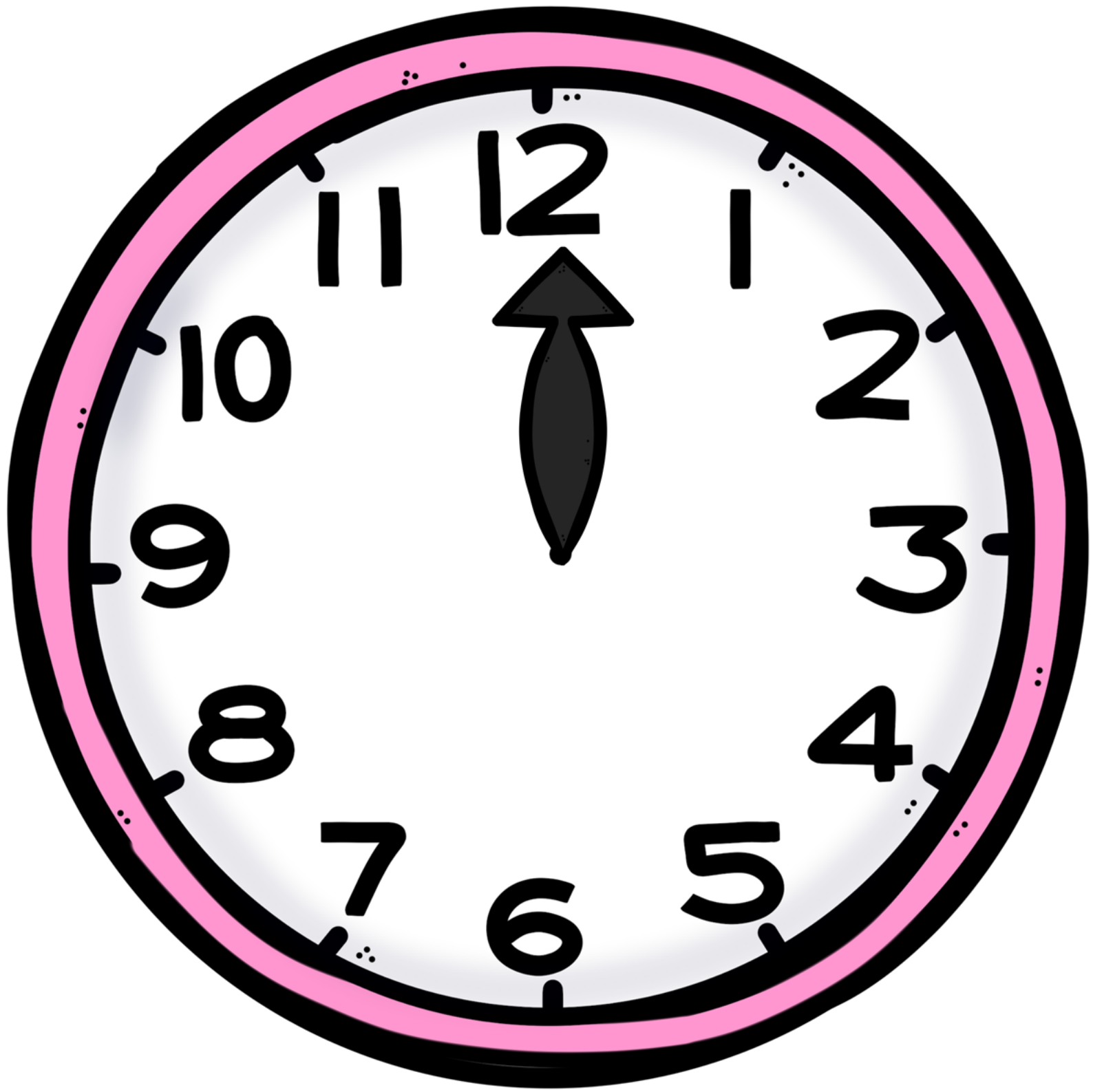


Lack of planning



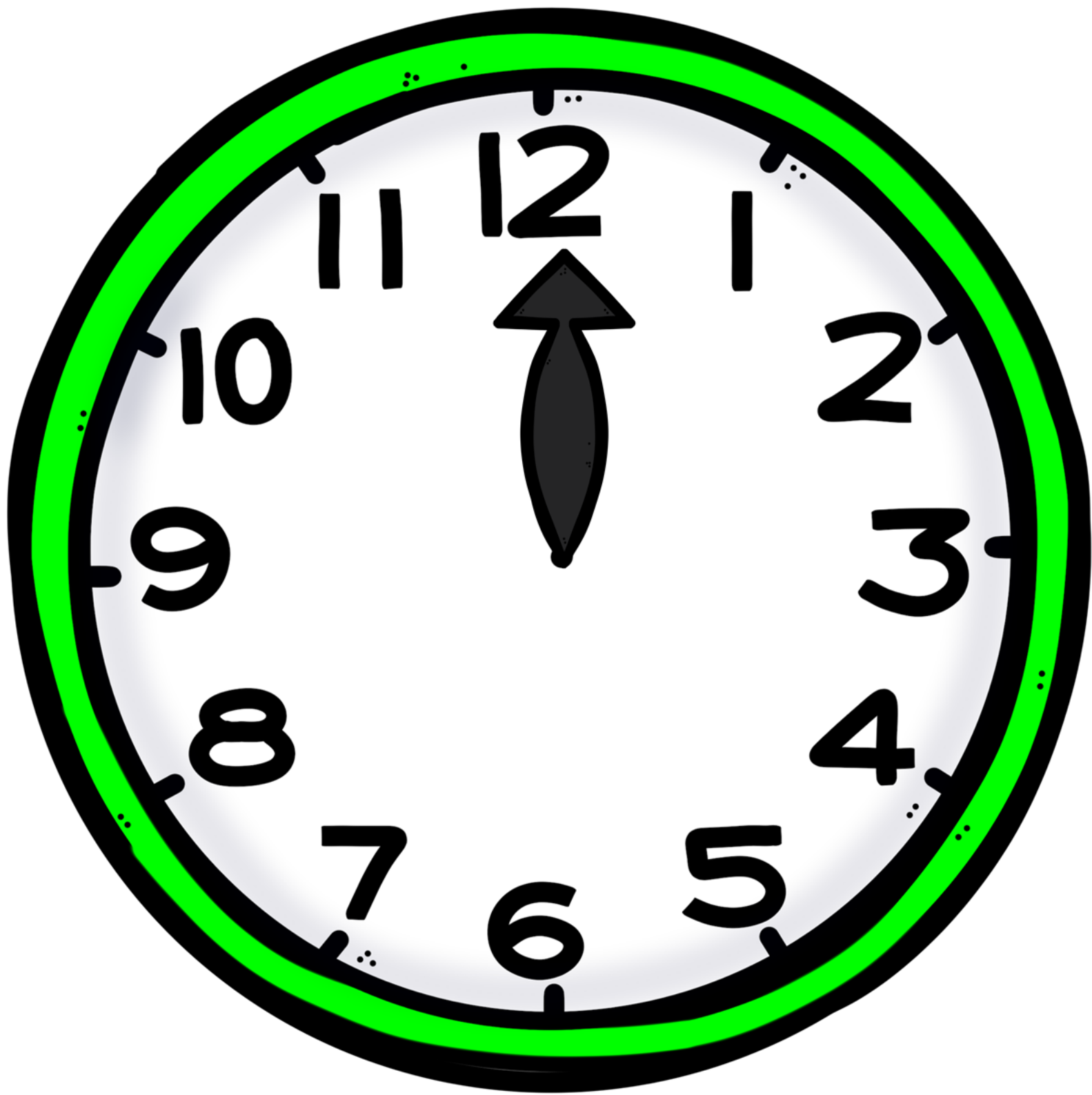
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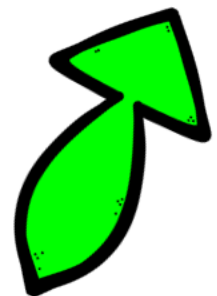


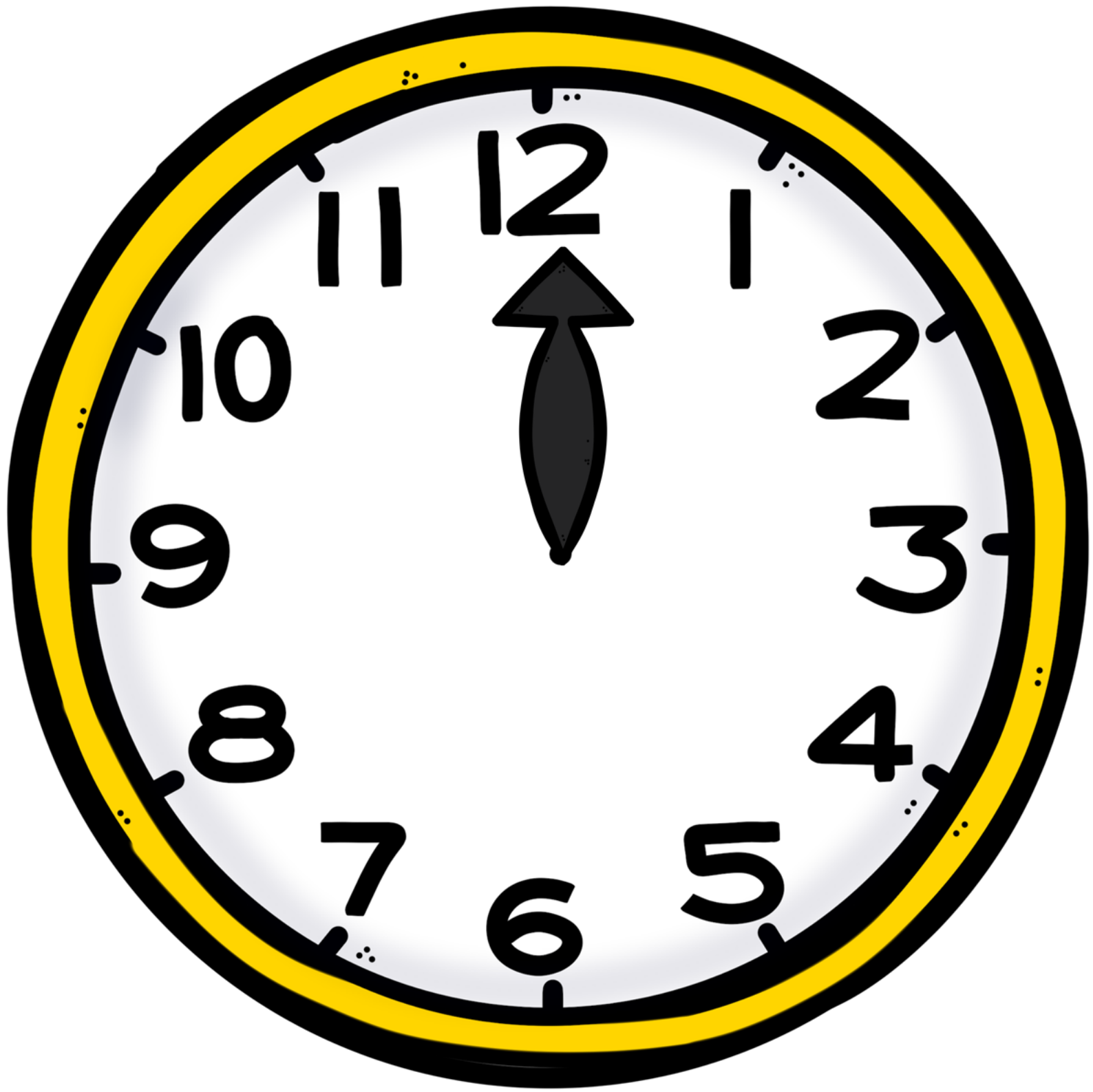
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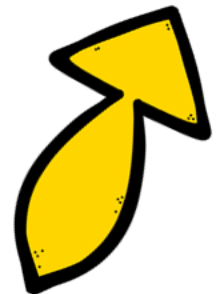


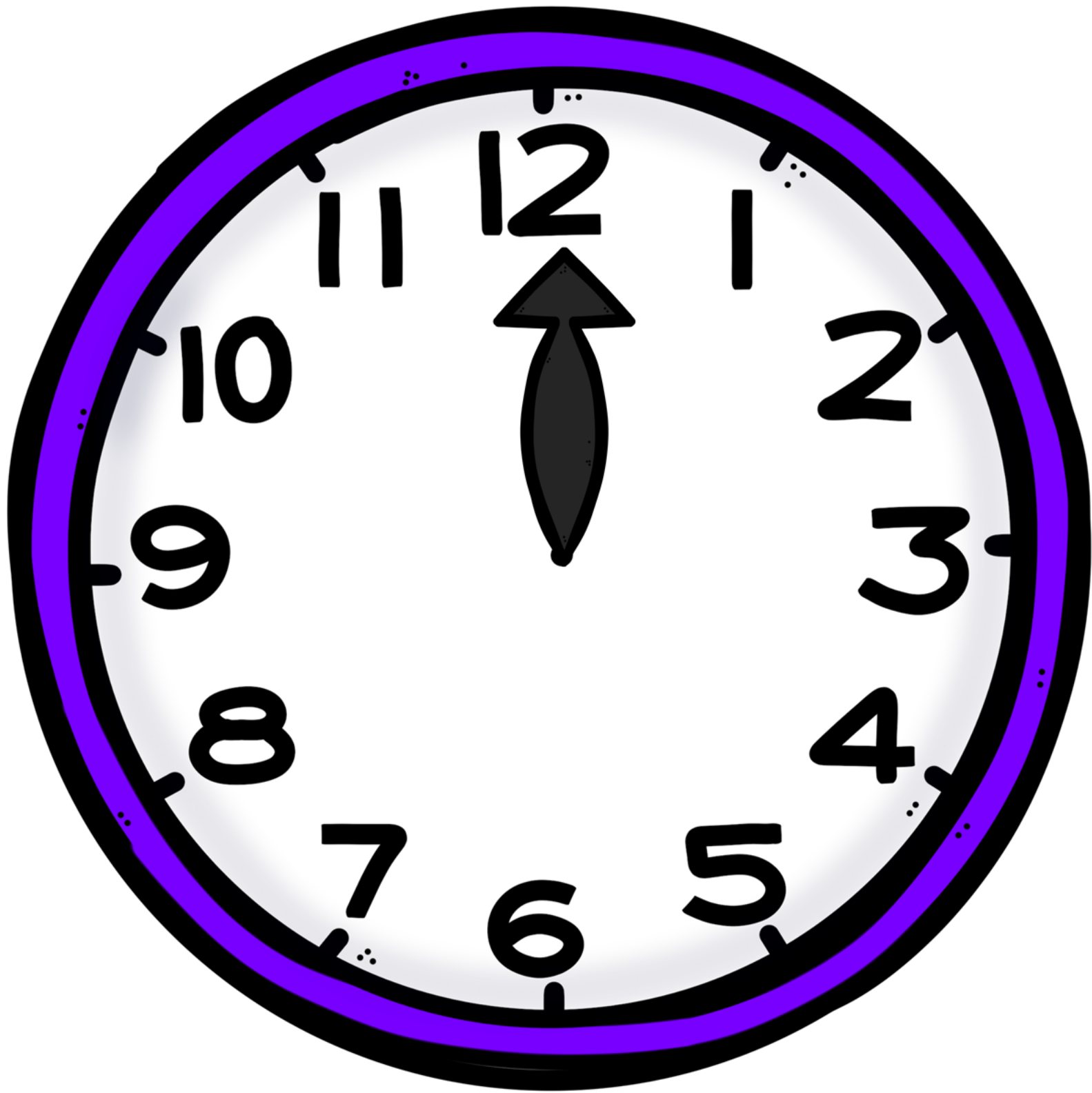
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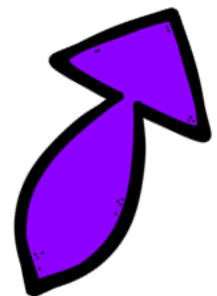


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Tommy's project is due tomorrow and he has not started it yet. His favorite show is on TV tonight so he rushes to do the project after the show.

What were the time thieves?
How could he/she do it differently?



Juan sits down to study in the living room for his math test. His brother is watching TV there too. He glances at the TV to check what is going on.

What were the time thieves?
How could he/she do it differently?



Dana has a soccer match this week, she has to practice every day for it. She also has a Science Project due at the end of the week. She focuses only on soccer until the match is over.

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Karen knows she studies better when she makes flash cards to learn her spelling words. She just does not feel like doing it though.

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How could he/she do it differently?



Latoya is working on her homework, she keeps checking Instagram while she is doing it.

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Amanda forgot to write her homework down in her agenda. She has to call around asking friends what the homework is.

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Christian just got a new video game, he is excited to play it and plays it late into the night. The next day he is falling asleep in class.

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How could he/she do it differently?



Eugene did not put out his clothes the night before or pack his backpack so he is late getting to school.

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How could he/she do it differently?



Liam feels like doing nothing today, so he does not clean his room or do his chores.

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How could he/she do it differently?



Jace wants to improve his grades but instead of studying he watches a Netflix marathon of the cool new show that just came out.

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Lindsay is trying to do her homework but her friend keeps texting her about something that happened at school.

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Grace's mind keeps wandering and she ends up day-dreaming for an hour and now its dinner time.

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How could he/she do it differently?



Hank planned on getting some of his chores done today but he feels tired and puts it off till tomorrow.

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How could he/she do it differently?



Caleb sees his neighborhood friends playing outside. He still has not finished his homework and it is almost time for dinner. He decides to play and worry about it later.

What were the time thieves?
How could he/she do it differently?



Nishka tells her friends she can chat in 10 minutes, even though the task her mom gave her to do is going to take at least an hour.

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How could he/she do it differently?



Tristin wishes she could get on the honor roll but when it comes time to study she always has something better to do, because studying is boring.

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How could he/she do it differently?



Megan knows she has to start working on her social studies research project but she was invited to a party this weekend and she figures she can always cram it in late Sunday night.

What were the time thieves?
How could he/she do it differently?



Louise promised she would clean her room up today but she got caught up playing a new computer game and really does not feel like cleaning her room anyways.

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Cameron commits to doing research for a group project tonight, but also has gymnastics and a lot of homework tonight.

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Casey sits down to study at her desk and sees her favorite toy on the floor. She starts thinking about playing with it and then does for a while.

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How could he/she do it differently?



Alex has a project that has multiple steps to complete. His teacher has recommended working on it for 3 weeks. He waits to start it till the last week

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How could he/she do it differently?



Mason is trying to study for his science test but is having trouble remembering the information. His mind keeps thinking about the football game last night.

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How could he/she do it differently?



Tina listens to her favorite music, she loses track of time and now its late and she has not started her homework.

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How could he/she do it differently?



Camila was not paying attention during the math lesson and now is having a hard time doing the assignment.

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How could he/she do it differently?



Katie is trying to finish her classwork but keeps thinking about the movie she watched last night and playing with the erasers in her desk.

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Betty forgot she had dance practice after school and put off studying for her test until today, so now she has to cram after practice.

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David has been staring at the same page in his book for an hour. He keeps thinking about other things instead of what he just read.

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Carl's study area is filled with his favorite items: his phone, laptop, and tablet. He keeps trying to study but his phone keeps getting texts and tablet dings that he has an email.

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Susana put off asking for help with her assignment until the last minute because she did not want to do it.

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Luciana keeps making the same mistake on her math homework. Her mind is wandering to the argument she had with her friend and keeps checking her phone for a message.

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James started his chores three times but has not finished them because he keeps checking the score of the game on TV.

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Nestor keeps talking to his classmate about their favorite card game and not working on their group assignment. He even pulls the cards out to show him them off.

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Danielle was fooling around in class and did not finish her assignment. Now she has to finish it for homework.

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Ashley watches YouTube videos when she gets home from school. That leaves her only a little time to complete her homework and chores before bedtime.

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Josh spent so much time perfecting his one project that he did not have time to finish his other one.

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Ben is not sure where to start his project, he spends a good amount of time just getting everything organized and thinking about how to start.

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Justine wants to start her homework but she cannot find her textbook or even a pencil in her messy backpack, because she has not organized it in a month.

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Jennifer overextended herself by committing to too many after school activities. Now her grades are suffering because she has trouble finishing her homework in time at night.

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Oliver is trying to get his work done while also listening to his classmates talking next to him and checking his watch to see when recess is.

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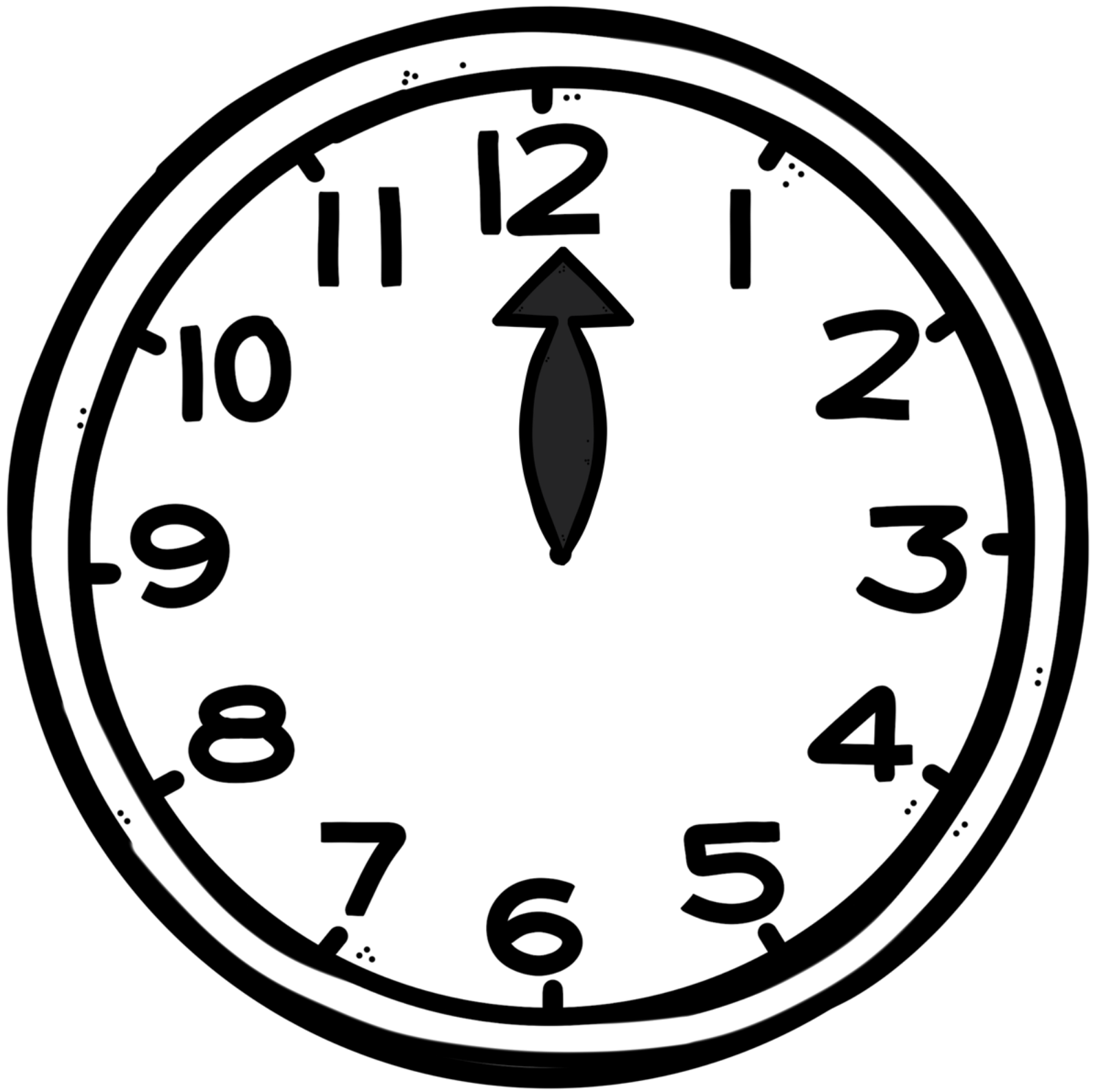
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Answer Guide

Tommy: Procrastination, Distractor, Lack of planning.

Juan: Distractors, Not focusing.

Dana: Procrastination, Lack of planning.

Karen: Being lazy.

Latoya: Distractor, not focusing.

Amanda: Lack of planning.

Christian: Distractor, lack of planning.

Eugene: Lack of planning.

Liam: Being lazy.

Jace: Lack of planning, distractor, being lazy.

Lindsay: Distractor, not focusing.

Grace: Not focusing.

Hank: Being lazy, procrastination.

Caleb: Procrastination, distractor.

Nishka: Lack of planning.

Tristin: Being lazy.

Megan: Procrastination, lack of planning.

Louise: Distractor, being lazy.

Cameron: Lack of planning.

Casey: Distractor, not focusing.

Alex: Procrastination, lack of planning.

Mason: Not focusing.

Tina: Distractor.

Camila: Not focusing.

Katie: Not focusing, distractors.

Betty: Lack of planning, procrastination.

David: Not focusing.

Carl: Distractors, not focusing.

Susana: Procrastination, lack of planning, being lazy.

Luciana: Not focusing, distractors.

James: Distractors, not focusing.

Nestor: Distractors, not focusing.

Danielle: Not focusing.

Ashley: Not focusing, distractors, lack of planning.

Josh: Lack of planning.

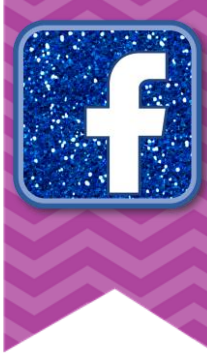
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Justine: Lack of planning, being lazy.

Jennifer: Lack of planning.

Oliver: Not focusing, distractors.

Tyson: Distractors, lack of planning, procrastination.



HEART and MIND Teaching

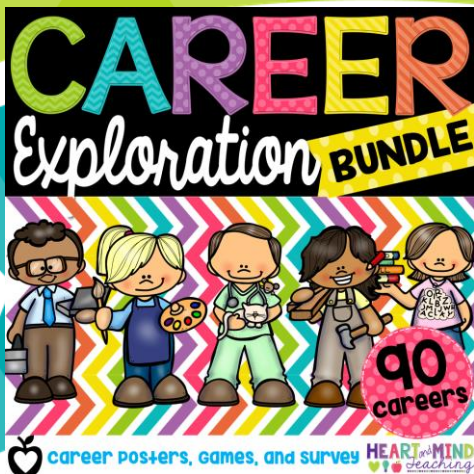
Hi there, my name is Ashley, I'm an Elementary School Counselor in South Florida. I strive to create fun and engaging resources for Counseling and Social Emotional Learning.

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RECOMMENDED RESOURCES

9 LESSONS, PRE/POST SURVEY, ASCA STANDARDS, PLUS ALL THE FORMS YOU NEED FOR SMALL GROUP



EXPLORE 90 DIFFERENT CAREERS WITH CAREER POSTERS, GAMES, & A SURVEY



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