

21st Century Healthy Living Lesson

Grade: 8

Unit: Healthy Self

Driving Question: Chasing the clock – How do we manage time?

Curriculum Outcomes:

1.3 evaluate time in their lives, and investigate ways to manage time

Expected Time:

2 – 60 minute classes

Resources:

- [Screencast](#)
- [PowerPoint](#) – click to download from this page if preferred over screencast
- [Top 10 time wasters worksheet](#)
- [Group handout](#)
- Class set of iPads, netbooks or computers. Could also use student’s own devices if possible

Lesson Procedure

21st century skills

Teacher does (I Do):

Open class with this [video](#) of the White Rabbit from Alice in Wonderland. Ask the class how many of them feel like the White Rabbit at times. Move through the [PowerPoint](#), giving the class some examples of poor time management skills and how they can affect different areas of your life. (This can also be done with the [screencast](#)). Tell class that today they will be looking at their top time wasters before working together to create a list of some time management skills that would be helpful to any teenager.

- find, validate
- remember, understand
- collaborate, communicate
- analyze, synthesize
- critical thinking
- evaluate, leverage
- create, publish
- citizenship

Individual student work (You Do):

Hand students the [Top 10 Time Wasters worksheet](#) and give them time to complete the activity on their own. Remind them that this isn’t to make fun of their abilities to manage time. The purpose is to recognize the amount of time spent doing some activities that may need to be limited so that other things can get done.

- find, validate
- remember, understand
- collaborate, communicate
- analyze, synthesize
- critical thinking
- evaluate, leverage
- create, publish
- citizenship

<p>Group work (We Do):</p> <p>Have groups of 2-3 students come together and share their top 10 lists, noting any they have in common as well as where they differ. Tell groups that they will now be coming up with ways to better manage time. Hand out the group handout and review the instructions before letting them work. They will complete 1 of the following 3 options to teach other teens how to manage time:</p> <ul style="list-style-type: none"> • Create a brochure using an app like Quark DesignPad • Create a poster using apps like PosterLabs or PicCollage • Create a series of 5-10 memes using an app like Mematic 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> find, validate <input checked="" type="checkbox"/> remember, understand <input checked="" type="checkbox"/> collaborate, communicate <input checked="" type="checkbox"/> analyze, synthesize <input checked="" type="checkbox"/> critical thinking <input checked="" type="checkbox"/> evaluate, leverage <input checked="" type="checkbox"/> create, publish <input checked="" type="checkbox"/> citizenship
<p>Class share (We Share):</p> <p>Have 1-2 groups share their product with the class. This can be done through email to the teacher, Airdrop if completed through the iPad, or printed on a handout. Have a class discussion on some of the skills they've discovered and which ones they think would work best for their age group.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> find, validate <input type="checkbox"/> remember, understand <input checked="" type="checkbox"/> collaborate, communicate <input type="checkbox"/> analyze, synthesize <input checked="" type="checkbox"/> critical thinking <input type="checkbox"/> evaluate, leverage <input type="checkbox"/> create, publish <input checked="" type="checkbox"/> citizenship
<p>Lesson Wrap Up:</p> <p>Thank class for their work. Ensure you have access to all products for grading.</p>	
<p>Differentiation/Modification/Enrichment:</p> <ul style="list-style-type: none"> • Pair students who need support with stronger students • Students can choose a different app or program to complete the activity • Students who finish quickly could create an action plan for putting some of these skills in place if they don't already have them 	
<p>Assessment:</p> <p>Grade assignment on a 1-4 grading scale based on content and record in Power School. Record the top 10 time wasters in Power School as a formative assessment for completion.</p>	
<p>Teacher Reflection:</p>	