



Students learn how to manage their time and develop a new routine.



Pencil, pens, or markers; lined paper; 25 HOUR clock template.

Total Prep Time: 5 mins.



As this is the third Monday of the month, please consider sharing or re-sharing the Monthly Kick-Off activity, and if appropriate, video at www.everymondaymatters.org. Additionally, a three-minute recap of the previous weeks may add extra context to this week and help connect the dots around the monthly theme. NOTE: For younger students, use the 25 HOUR clock sentence starter worksheet.

4 C's		SOCIAL & EMOTIONAL LEARNING		SERVICE LEARNING	
•	Critical thinking	•	Self-awareness		Integrated learning
•	Communication	•	Self-management		High quality service
	Collaboration		Social-awareness		Collaboration
•	Creativity	•	Relationship skills		Student voice
		•	Responsible decision-making		Civic responsibility
				•	Reflection
					Evaluation

GOALS FOR THE WEEK

- Learn how we develop ROUTINES and how they impact others.
- Evaluate your existing ROUTINES and determine if they help you reach your goal of living a CURIOUS life.
- Discover new ROUTINES that may positively impact how you see and think about the world around us.
- Understand how CHANGE YOUR ROUTINE, is an important part of this month's theme, MONDAY GETS CURIOUS.



STUDENT ACTIVITY: "THE 25 HOUR DAY"

1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: **THE 25 HOUR DAY**

2) ASK 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY'S FOCUS:

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **What activities do you do throughout the day?**
- **How much time do you spend on those activities?**
- **What ROUTINES do you have around those activities?**
- **Do those ROUTINES help you achieve and accomplish what you need or would like to do?**
- **Are there activities that you wish you didn't have to do?**
 - How much time do you spend doing activities you wish you didn't have to do?
- **Are there activities that you wish you had more time to do?**
 - How much time do you spend doing those activities?
- **Do you every wish you had more time to do other activities you are CURIOUS about?**
- **What activities or interests are you CURIOUS about?**
- **How could CHANGING YOUR ROUTINE help you GET CURIOUS about the things that interest you?**
- **How does CHANGING YOUR ROUTINE help you understand that, I MATTER?**

3) SET UP THE 25 HOUR DAY ACTIVITY:

- **Explain:**
 - Time is constant. Seconds, minutes, and hours pass at the same rate every day... every month...every year.
 - Even though sometimes, it feels like time zips by like a jet plane or crawls by like a snail.
 - A lot of times, we wish we had more time. More time do the things we love to do. More time to discover and explore. More time to GET CURIOUS.
 - And our activities and ROUTINES make up our day.
 - We have ROUTINES to help us get ready for school and work.
 - We have ROUTINES in the classroom that help us learn new skills and knowledge.
 - We have ROUTINES that help us get to our after-school activities.
 - We have ROUTINES until we put ourselves to bed.
 - That's a lot of activities and ROUTINES that fill our day.
- **With all these ROUTINES, how in the world do we have time to GET CURIOUS to discover and do something new?**
- **We can't create time...or can we?**
- **ASK:**
 - What if we had a magic way to create more time?
 - What if a fairy godmother (or godfather) granted us a wish of ONE MORE HOUR in our day to GET CURIOUS to discover and do something new?
 - What would you with ONE MORE HOUR?

4) START THE 25 HOUR DAY ACTIVITY:

- **Explain:**
 - Today, you'll be given ONE MORE HOUR in your day.
 - You're going to breakdown your day by the hour to chart your activities and ROUTINES.
 - Think about how much time you spend on all your activities and ROUTINES, including sleep.
- *****See 25 HOUR DAY example on the worksheet.**
- Then you'll chart your activities and ROUTINES on the 25th HOUR PIE CHART.

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- You will then be visited by your fairy godmother (or godfather) who grants you ONE MORE HOUR to your day to GET CURIOUS about something you'd like to learn more about or do.

***NOTE: The 25th HOUR can only be used on something new that your CURIOUS about and want to try.

PART I

- **Pass out line paper for students to document how they spend their day.**

***NOTE: For younger students, you can use the 25th hour My Activities and Routines worksheet. Students just need to fill in the hours.

- **The activities and ROUTINES can be broken down into categories: get ready for school (wash up, brush teeth, eat breakfast, etc.) , school, after school activities (homework, sports, music lessons, etc.) dinner with family, down time (watch TV, play video games, chat with friends on phone, read, etc.), get ready for bed, and sleep = 8 hours.**

***NOTES: Students activities and ROUTINES must total 24 hours. Students may try to perfectly document their time. However, for this activity, encourage students to keep it general or a general average of how they spend their time.

- **After they finish their list and the hours total to 24, have students color in their pie chart. ***NOTE: Use the 25 HOUR PIE CHART as a guide.**

PART II

- As your fairy godmother/godfather, you now have ONE MORE HOUR to your day.
- You can only use the ONE HOUR on something that makes your CURIOUS and you want to know more about it or try it out.
- Is it a science topic like space exploration? Or a certain sport? Perhaps it's an art medium like pottery or watercolors.
- Think about what you would do with that extra hour.
- Write that activity into the extra ONE HOUR pie piece.

5) AFTER THE ACTIVITY, ASK 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY'VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **Look at your 25 HOUR PIE CHART. What did you learn about your ROUTINES and activities?**
- **Did any emotions come up as you looked at your ROUTINES and activities?**
 - If so, what emotions came up for you?
- **What ROUTINES and activities take the most time of your day?**
- **Which ROUTINES and activities took the least time of your day?**
- **When you were granted ONE MORE HOUR, what activity did you want to add?**
 - What makes you CURIOUS about this activity?
- **Since we don't actually have 25 hours to our day, what can you do to fit in your 25th HOUR?**

6) THANK STUDENTS FOR REFLECTING ABOUT THEIR ROUTINES AND ACTIVITIES. LET STUDENTS KNOW THAT CHANGING A ROUTINE TAKES SACRIFICE AND COMMITMENT, ESPECIALLY WHEN WE WANT TO ADD TO OUR DAY SOMETHING, WE'RE CURIOUS ABOUT.

7) CHALLENGE STUDENTS TO TRY TO "CHANGE YOUR ROUTINE" SO THAT THEY CAN "GET CURIOUS" AND PURSUE THEIR INTERESTS.

8) CONTINUE EXPLORING HOW TO "CHANGE YOUR ROUTINE" BY LEADING ONE OR MORE OF THE FOLLOWING EXTENSION IDEAS.



EXTENSION IDEAS:

DO ONE OR MORE OF THESE EXTENSION IDEAS TO BRING THE LESSON FROM 15 MINUTES TO 30 MINUTES OR MORE.

- 1) Commit to Change** - Have students rewrite their 25 HOUR PIE CHART to include the 25th ONE HOUR of CURIOSITY. Since we actually have 24 hours in a day, have students determine what they need to change in their ROUTINES to make that happen. Of course, there are certain ROUTINES they cannot change (like the number of hours in school,) but encourage students to be open to CHANGE. HINT: Tell students that their HOUR of CURIOSITY doesn't have to be 60 minutes in a row. Students can break up the time may 15 minutes in the morning and 15 minutes before they go to bed.
- 2) Change it Up** - Have students identify an existing ROUTINE that could be more efficient in order to "create more time." For example, perhaps they can wake up earlier or get ready for school a bit faster Maybe 15 minutes less of watching TV or playing a video game so they can work on a throwing a curve ball or painting with watercolors. They have the power to create more time in their day.

“ ONLY I CAN CHANGE MY LIFE. NO ONE CAN CHANGE IT FOR ME.”

- CAROL BURNETT, AMERICAN COMEDIAN AND ACTRESS



The 25th HOUR

My Activities and Routines

Name:

My Activities and Routines	How much time I spend doing my activities and routines:
Get ready for school and breakfast	
School time	
Homework	
After school activities (sports team practices, music lessons, after school program, etc.)	
Eating dinner	
After dinner activities (watching TV, playing video games, reading, etc.)	
Get ready for bed	
Sleep	
Other	



25th HOUR PIE CHART

Your extra hour to
get **CURIOUS**

