

# TIME MANAGEMENT TASK

Sam has just started year 7 and needs some help planning his week because there is a lot to do – homework, joining clubs and making new friends. It is important for Sam to make sure he is getting everything done, but it is also important for Sam to find ways to relax and look after himself.

Make sure you have downloaded the weekly timetable and fill it in to help Sam plan his week. All essential activities must fit into the week. You can choose whether to include the optional activities, but each time you use one you will get a wellbeing point. There are also some decisions for you to make.

See if you can also gain at least four wellbeing points each day, to make sure Sam has a balance between working hard and taking care of himself.

<b>ESSENTIAL</b>	<b>OPTIONAL</b>	<b>CHOICES</b>
<p><b>HOMEWORK:</b></p> <ul style="list-style-type: none"><li>• ENGLISH - 2 HOURS</li><li>• MATHS - 1 HOUR</li><li>• HISTORY - 1 HOUR</li><li>• FRENCH - 1 HOUR</li><li>• ART - 1 HOUR</li></ul> <p><b>CHORES:</b></p> <ul style="list-style-type: none"><li>• TIDY ROOM - 1 HOUR</li><li>• HOOVER - 1/2 HOUR</li></ul> <p>ATHLETICS CLUB - 2 HOURS WEDNESDAY EVENING</p> <p>DRAMA CLUB - 2 HOURS SUNDAY MORNING</p> <p>BOWLING PARTY - 2 HOURS WEEKEND</p> <p>PIANO PRACTICE - 2 HOURS</p>	<p>Include each one as many times as you like. Each time you use one, get 1 wellbeing point.</p> <ul style="list-style-type: none"><li>• WATCH A FILM - 2 HOURS</li><li>• READ A BOOK - 1 HOUR</li><li>• PLAY IN THE GARDEN - 1 HOUR</li><li>• GO FOR A WALK - 1 HOUR</li><li>• DRAWING - 1 HOUR</li><li>• EAT BREAKFAST - 1/2 HOUR</li><li>• JOURNALLING - 1 HOUR</li><li>• LISTENING TO MUSIC - 1 HOUR</li><li>• PLAY WITH FRIENDS - 1 HOUR</li><li>• CHAT TO FAMILY - 1 HOUR</li><li>• RIDE BIKE - 1 HOUR</li></ul>	<p>Decide between each of these options for each school day.</p> <p>WALK HOME WITH FRIENDS - 1 HOUR (+1 WELLBEING POINT)</p> <p><b>OR</b></p> <p>GET THE BUS - 1/2 HOUR</p> <p>BEDTIME - 8PM (+1 WELLBEING POINT)</p> <p><b>OR</b></p> <p>BEDTIME - 9PM</p>

**WHY IS HAVING BREAKFAST IMPORTANT FOR SAM'S WELLBEING?**

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**WHY IS GOING TO BED EARLIER IMPORTANT FOR SAM'S WELLBEING?**

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**WHY IS GOING FOR A WALK IMPORTANT FOR SAM'S WELLBEING?**

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**WHY IS PLANNING OUR TIME IMPORTANT FOR OUR WELLBEING?**

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:30	<h1>SCHOOL</h1>						
09:00							
09:30							
10:00							
10:30							
11:00							
11:30							
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18:00							
18:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00							
19:30							
20:00							
20:30							
21:00							