



ACTIVITY: 'JUST A MINUTE'

TIME: 5 minutes

SIZE: Individuals

SPACE: Room to move around

RESOURCES: Task Cards (p.66 or SenseAbility CD), clock/watch with second hand, pens, paper

The aim is to place students in a pressured situation where they must perform tasks within a guessed timeframe.

The result should be discussion about the need to schedule enjoyable/pleasant events into their weeks.

1. Have students put wristwatches and mobile phones out of sight, and cover or hide any wall clocks, ensuring that you are the only person in the room who can see a timepiece.
2. Distribute face-down to each student a Task Card (on which are a series of simple math problems). They are not allowed to read it yet.
3. Explain that students must solve the math problems on their card for a time span they guess to be two minutes. The moment they think two minutes have elapsed, they should instantly finish work and stand up.
4. Start the clock, and have students commence their calculations.
5. The winner is the person who stands up nearest the two minute mark AND gets the most sums correct.



DISCUSSION SUGGESTIONS

- What tactics did you employ to determine two minutes? Counting in your head? Counting heartbeats? Simply following people you trust?
- How much harder was it given that you had another task to do at the same time?
- Have you ever had a time-management problem? What was the cause of it? What was your solution? Could you have done things differently?
- Time gets away from us very easily when we are busy, and the things that are often postponed or neglected are the pleasurable parts of life (e.g. reading a book, exercising, socialising, spending time with family). But these 'down times' are very important to emotional and mental wellbeing. Do you think that good time management – including the scheduling of enjoyable/pleasant events – is something we should all aim for? Why/why not?
- Brainstorm some simple, quick, healthy things that you might like to do in your life that give you enjoyment and help you 'de-stress' (e.g. go for a brisk 10-minute walk after studying, play with the dog). How can you take advantage of spare 'spots' that arise in your day to have a quick break and make things more pleasant or enjoyable?