



## ACTIVITY: 'WHEAT & CHAFF'

**TIME:** 25+ minutes  
**SIZE:** Individuals  
**SPACE:** No special requirements  
**RESOURCES:** Scenarios Sheet, Blank Timetable, and Unexpected Circumstances Sheet (pp.85–87 or SenseAbility CD)

**The aim** is to allow students to exercise planning and prioritising skills.

**The result** should be an appreciation that planning and prioritising tasks can help enhance feelings of hopefulness about the future by making goals seem more achievable.

1. Each student receives one of the three scenarios provided on the Scenarios Sheet. These fictional accounts describe the upcoming week faced by three different secondary-school students, summarising their school, home, and leisure commitments and desires.
2. Give each student a Blank Timetable.
3. Students have 15 minutes to create a schedule that will allow their fictional student to meet commitments. This exercise will require prioritising, compromising, and decision making. Start the clock.
4. After eight or so minutes, give each student the appropriate Unexpected Circumstance from the sheet provided. These detail unforeseen events that will throw their fictional student's plans out of whack.
5. Your students now have the remaining time to accommodate the Unexpected Circumstance and make their schedule work as well as possible.
6. At the end of 15 minutes, stop the clock and commence class discussion.



## DISCUSSION SUGGESTIONS

- Did you find the process of itemising the weekly commitments easy or hard? Was it useful to think of everything in terms of hours?
- What were you thinking and feeling before you received the Unexpected Circumstance? What were you thinking and feeling AFTER you received it? What were you saying to yourself? Were those thoughts helpful or unhelpful?
- What compromises did you make on behalf of your fictional student? Was making those choices difficult? What criteria did you use to make those decisions?
- What is the point of making plans if they can be upset by something unforeseeable? Is there value in NOT having a plan?
- Have you ever been in a situation where things seemed to be going to plan until an unexpected event derailed things? What happened? What was your reaction? What did you do to cope? Would you do anything differently if you could?
- What skills did you learn through this activity that you might be able to apply in your day-to-day life?