

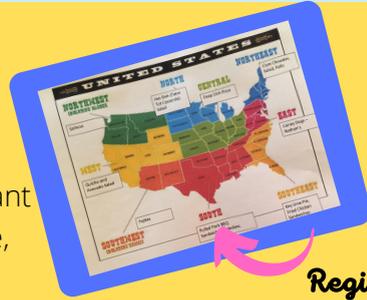


Keep It Positive. Keep It Simple. Keep It Real.

# Un-Challenge Day Four Critical Key #4: Manage Yourself

Self disciplined adolescents outperform their peers on every standardized measure. Developing strong time management skills, the ability to prioritize tasks, the ability to set goals, and the ability to manage impulsivity helps students to be successful in all areas. Managing yourself includes finding balance between school and extracurricular activities, getting enough sleep and exercise, and eating healthy foods.

*Caterpillar and Ladybug Chore Chart*



*Regions of the US Menu*

## 20 MINUTE ACTIVITY

### Chore Chart & Menu Planning

As parents and teachers, we often say that we want our students to own their own learning. At home, we want kids to take responsibility around the house. Then we tell them exactly how we want everything done and how to do it. We have the control. Letting go of the control and putting that in the hands of the kids can dramatically change their attitudes. It also promotes independence and the ability to manage one's self.

This 20 Minute Activity may be one of the easiest "wins" of the week with some of the longest lasting effects. If you have younger kids, you may need to help a little with the creation of a chore chart or building a week's menu. This is the perfect time to model organization and healthy menu planning.

With older kids, encourage creativity ~ our most recent chore chart (we mix it up often) has the ladybug and caterpillar teams (I'm on the ladybug team), and our kids are in high school!

**Parent Tip:** Include yourself on the chore chart. It helps kids know that you are all in it together.

*Shrek Week Menu*



## DAILY DOINGS

**Everyday:**

### Model Backwards Planning

Learning how to plan from the end rather than the beginning can be extremely helpful for many kids. Ask your kids to help you plan when you should start a task.

I need to have dinner done by 7:00. It takes an hour to make. When should I start? If I have to be to work by 8:00, what time should I leave the house or get up in the morning?

**Common Parenting Challenge:** It takes my kid 45 minutes to make their bed (or any other simple chore).

Kids have the amazing ability to turn a 5 minute job into an hour production. They can also argue about how they shouldn't have to do the job for 20 minutes when the job itself would have taken two.

When helping kids learn how to manage time, they need to have real expectations around how long things actually take to accomplish. Challenge your kid to make their bed as quickly as possible. Time them. From here on out, they only need that much time to get the job done. This strategy works in a wide variety of contexts... how long to read a page in a book, how long to do one math problem. Once we know how long something takes, it seems less overwhelming and we can more accurately plan for accomplishing tasks.





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## PRE K - 2 ACADEMIC CONNECTIONS

**Academic Standard:** Tell and write time in hours and half-hours using analog and digital clocks.

**Home Connection:** In order for younger kids to manage their time and start to plan their day, they need to get a feel for how long 5 minutes really is and how long it takes to do different activities. This is great to practice with morning & evening routines. Time how long it takes to brush teeth, get dressed, and eat breakfast. Have your child create a schedule to post.

## 3RD - 5TH ACADEMIC CONNECTIONS

**Academic Standard:** Solve word problems involving addition and subtraction of time intervals in minutes, e.g., by representing the problem on a number line diagram.

**Home Connection:** Have your child help you figure out when to leave home to be places on time. "If I have to be at the office at 8:30 and it usually takes 45 minutes to get there, when should I leave?"

## 6TH - 8TH ACADEMIC CONNECTIONS

**Academic Standard:** Summarize numerical data sets in relation to their context.

**Home Connection:** You can work on this academic connection by helping your student forecast and plan. "You have five commitments today, how will you plan your day in order to get them all complete? You are doing the grocery shopping today, how can you organize your list to complete the job as efficiently as possible?"

## Activity Extensions & Alternatives:

In our current environment, students have had to take on more responsibility for their learning than ever before. This is the perfect time for them to discover their preferences around learning space and time management.

- Have your kids design their perfect learning space ~ both for home and school. They can make collages with magazine pictures or find what they like online (chair with built in fridge...fully stocked of course).
- Have them create self management systems. You can encourage this by explaining that in many professions you need to be able to manage your time to get a job done. There are plenty of digital options for calendaring and creating to do lists. We like non-digital versions with bright sticky notes.

*A Teenager's  
Quarantine Bucket  
List*



*Kid Designed  
Learning Space*

