

# How I Spend My Day

**Introduction:** There are 24 hours in a day. Twenty-four hours sounds like a long time. Have you ever thought about how you spend 24 hours? So, let's recall yesterday. What did you do? You had to sleep, go to school, eat, and do other things, but how many hours did you spend on each activity? Our ability to organize our time will affect us the rest of our lives.

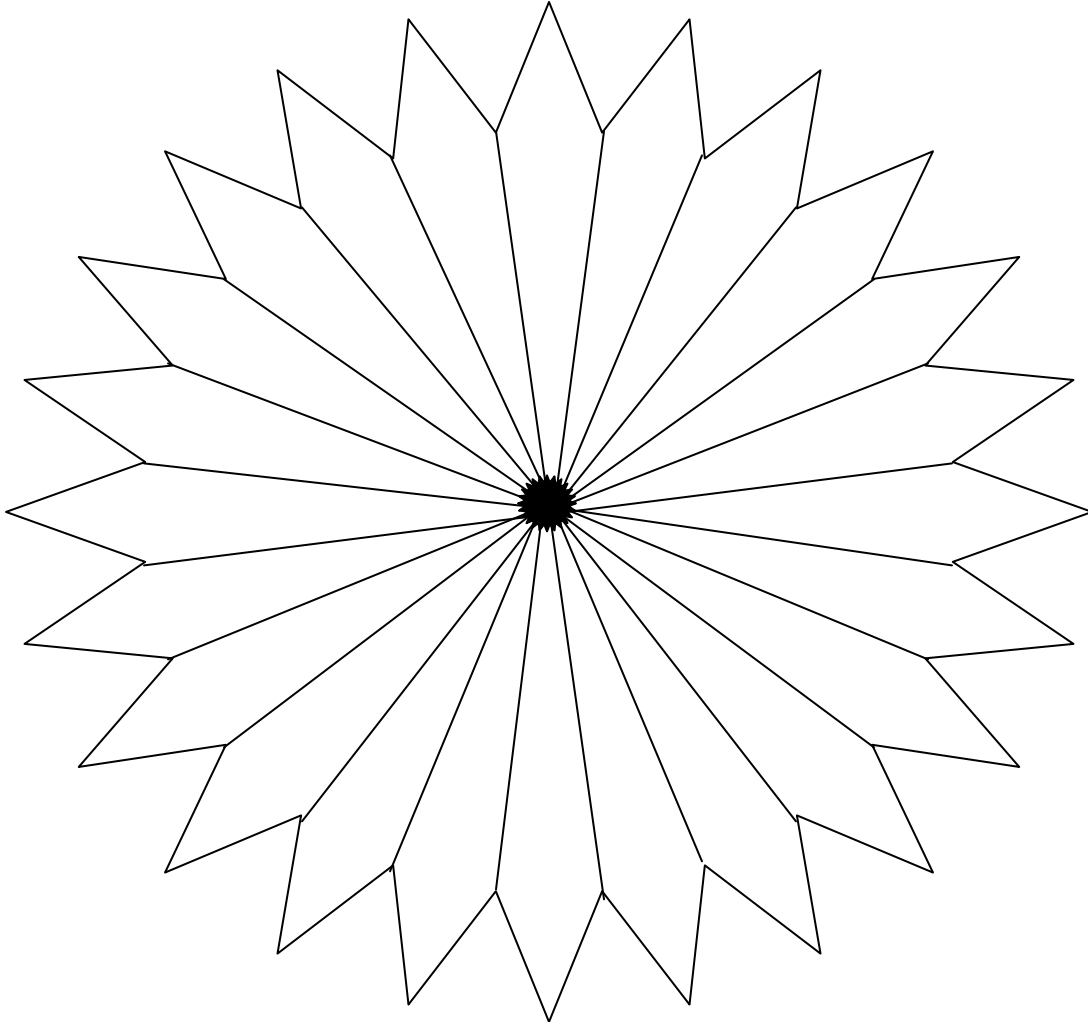
**Materials:** Paper and writing utensil, colored pencils/crayons/markers, one chart (included) for each student.

**Directions:**

1. Read to the class the questions listed below and have the students write their responses on a sheet of paper.
  - How many hours did you sleep?
  - How many hours did you spend at school?
  - How many hours did you spend on homework?
  - How many hours did you spend with friends after school?
  - How many hours did you spend with your family, including meal times?
  - How many hours did you spend alone?
  - How many hours did you spend at your job or doing chores around the house?
  - How many hours did you spend watching TV or playing video games?
2. Distribute the included chart to each student. Each segment stands for one hour (there are 24 segments).
3. The students then choose a color for each activity. Tell the students to color in the number of hours they spend for each activity in a normal day and label the activities.
4. Have them summarize their information by answering the questions below the hexagon.



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**Summarize your chart:**

I learned that I spend the most hours...

I learned that I spend the least amount of hours...

I need to spend more time...

I need to spend less time...