

Leader in Me: Lesson Plan Template

Title:	Value the Moments		
Learning Objective:	Students will recognize that time must be managed in order to be the best that you can be and to be truly effective.		
FranklinCovey Habit:	Sharpen the Saw		
21st Century Skill:	Creativity and Innovation Skills		
Subject Area:	Language Arts		
Activity Type:	<input checked="" type="checkbox"/> Individual <input type="checkbox"/> Group <input type="checkbox"/> Homework		
Source:	Adapted from a lesson plan from the staff at Crestwood Elementary School		
Activity Time:	30-45 min.	Grade Level:	4--6

Set Up

Student Materials	Teacher Materials	Review
	Collection of various timepieces: watches, alarm clock, wall clock, etc. Cardboard paper for each student Circular clock tracer	

Introduction

1. Display a collection of various timepieces: watches, alarm clock, wall clock, etc. Discuss the relationship between seconds, minutes, hours, days and so on. Share the following poem.

To realize the value of ONE YEAR,

Ask a student who failed a grade.

To realize the value of ONE MONTH,

Ask a mother who gave birth to a premature baby.

To realize the value of ONE WEEK,

Ask the editor of a weekly newspaper.

To realize the value of ONE HOUR,

Ask the friends who are waiting to meet.

To realize the value of ONE MINUTE,

Ask the person who missed the train.

To realize the value of ONE SECOND,

Ask the who just avoided a serious accident.

To realize the value of ONE MILLISECOND,

Ask the person who won a silver medal in the Olympics.

Activity

1. Share the following metaphor.

Imagine there is a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening deletes whatever part of the balance you failed to use during the day. What would you do? Of course, you would draw out every penny!

Each of us has such a bank. Its name is TIME. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours.

There is no doing back. There is no drawing against the “tomorrow.” You must live in the present on today’s deposits. Invest it so as to get from it the utmost in health, happiness, and success!

2. Discussion: Why should we value the minutes?
When you put the best of yourself into each and every minute, those minutes will quickly build on each other into something great—YOU!

How can we get the most out of each minute?

We must put first things first. We must plan in advance.

3. Activity: Students will each make a cardboard “clock” on which they will list up to twelve short goals (one for each hour on the clock) which they can do to utilize their time better, such as:

- Use Agenda book to record daily assignments and avoid QI stresses
- Set a specific time each day to do homework
- Limit the amount of QIV activities in each day
- Spend some time each day to build relationships with family/friends
- Go to bed on time
- Do a good deed each day for someone in need
- Read
- Eat a nutritious snack
- Keep a journal
- Do an internet search on a topic of interest

Wrap Up

Display student clocks under the title:

“The clock is running. Make the most of today.”

Assessment

Students will be assessed on appropriate participation during the class discussion or activity.

Extensions & Integrations