**Timetabling Activity**

**Timetable - On Line Learning Week**

First you must draw up a table with one large column for each day.

That large column needs to have six columns in it for each ten-minute period.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Time | Monday | | | | | |
| 12 Mid night |  |  |  |  |  |  |
| 1:00 am |  |  |  |  |  |  |

You are to choose the activities you do most days and to record when you do those.

Make a color key to start with and use the same color for the same activity each time or use shading if you do not have colors available.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| sleep |  |  | sleep |  |
| math |  |  | math |  |
| eng |  |  | eng |  |
| device |  |  | device |  |
| socialising online |  |  | socialising online |  |
| online browsing |  |  | online browsing |  |
| sleep |  |  | sleep |  |

You will need to record what different activities you do throughout the day.

In a weeks time we will start to add up the totals.

Any questions email me at [w.atkins@jchs.school.nz](mailto:w.atkins@jchs.school.nz)

**Daily Reflection**

Add a box at the end of each day to reflect on what you have done and what you might change for tomorrow

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| Time | Monday | | | | | | Tuesday | | | | | | Wednesday | | | | | |
| 12 midnight |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1:00 AM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2:00 AM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3:00 AM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 4:00 AM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5:00 AM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6:00 AM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7:00 AM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 8:00 AM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 9:00 AM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10:00 AM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11:00 AM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 12:00 PM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Time | Thursday | | | | | | Friday | | | | | | Saturday | | | | | | Sunday | | | | | |
| 12 midnight |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1:00 AM |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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