

Overview

In this activity, individuals build awareness around how they function throughout a given day.

Materials

- Circadian Rhythm Organizer

21st-Century Skills Targeted

- Communication
- Collaboration
- Social Skills
- Productivity

Steps

- Have each individual map out their daily schedule and routine in hours using the Circadian Rhythm Organizer.
- With their routine mapped out, have each individual label parts of their day with the following words and phrases indicating how they felt during the activity they were doing:
 - 'On fire'
 - 'Vibrant'
 - 'Cruise Control'
 - 'At 70%'
 - 'Distracted'
 - 'Slowing Down'
 - 'Tired'
 - 'Hungry'
- Invite students to make connections between their hourly blocks to time management at school/work/home. Use the following discussion prompts to help facilitate the conversation:
 - When are you most active ('on fire')?
 - When is your most 'distracted' part of the day?
 - What part of the day would you identify as the best time for you to complete the hardest tasks? Most manageable tasks?
 - When is the best time of day for you to take a break?
 - What are some things you can do if your school/work schedules don't exactly match your most vibrant and active times?

Morning hours (AM)		Afternoon hours (PM)	
5:00		12:30	
5:30		1:00	
6:00		1:30	
6:30		2:00	
7:00		2:30	
7:30		3:00	
8:00		3:30	
8:30		4:00	
9:00		4:30	
9:30		5:00	
10:00		5:30	
10:30		6:00	
11:00		6:30	
11:30		7:00	
12:00		7:30	