

USING TIME USEFULLY

Objective: *To stimulate thinking about how we use time, and how we waste time*

Key Words: *idling, burden, time, pie-charts, bar graphs, comparing*

QUOTATION/THEME FOR THE WEEK

EVERYONE HAS ONE THING IN COMMON: A TWENTY-FOUR HOUR DAY



TIME WASTE IS LIFE WASTE

Discuss these two quotations. Do you sometimes feel you haven't enough time to do everything you are supposed to do, or want to do?

SILENT SITTING

Step 1 *(See page 40 of the introduction)*

Steps 2, 3, *(optional)*

Step 5: As you sit quietly, be aware of the peace you feel inside ...

Feel the space of that peace ...

In that space there is always time to do the things you need to ...

In the hurry and scurry of life, remember the calm peace and space which is always within ...

Relax in that peace.

Step 6.

STORY TELLING

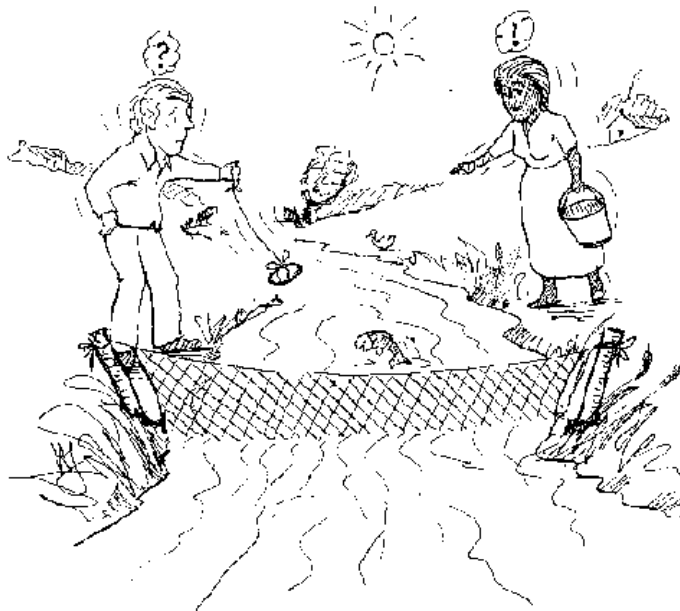
IDLE GEORGE

by Carole Alderman

There was once a man named George who loved nothing better than idling his time away, playing cards and gambling with anyone he could find to play with, often late into the night. He rarely found time to take his children out and this made them sad. He never had time to do much work, and this put a burden on his wife, who had to work harder than she might otherwise have done.

One day he decided to go down to the river to fish. He had thought of a way to catch enough fish to last the family for a week, so that he could have the rest of the week to himself. After stretching his nets right across the stream from one bank to the other, he tied a stone to a cord and beat the water with it to make the startled fish swim into the meshes without looking where they were going.

One of the other villagers called Mary, who had come down to collect some water, saw what he was doing and pointed out to him that the mud was ruining the clear drinking water.



“But I’ve got to get enough fish to feed the family,” said George. “And this is the only way to do it quickly.”

“So you may think,” said Mary. “But if you lead your life upside down, George, one trouble will follow another. Plan your life a bit better. You will still have time for enjoyment. If you get up early in the mornings and tend your vegetables and look after your fruit trees, you’ll have enough to eat, without having to torment poor fish and making the river water undrinkable into the bargain.” She paused, smiling sympathetically.

“If you’re not sure what to do, we’ll give you a hand to help you get started. But you won’t be able to get up, George, if you’re up half the night playing cards. And then your family and the rest of the village have to suffer. Come, George, leave the water alone. We can give you a little something to tide you over, but you will need to do some work yourself in the mornings as well.”

QUESTIONS:

1. What name shall we give this story?
2. What did you feel when you heard this story?
3. What did Mary suggest?
4. Do you think George will have a happier life if he takes Mary’s advice and offer of help?
5. Is it all right to do what we like in order to get what we need, even if it hurts others?
6. Would it be a good idea to find an alternative way which does not hurt others, even if it’s harder work for us?
7. Does the story remind you of anything in your own life?
8. What does this story mean to you?

GROUP SINGING

TIME IS ALWAYS TICKING BY

(music and lyrics by Stuart Jones and Nicky Gilbert)

Time is ever ticking by.
It never stops and that is why
We need to ask, “As I can choose it,
Is this the best way I can use it?”.

We say that we’ve got time to spare.
We could be making time to care.
To help fulfill another’s need
Is a worthwhile thing to do indeed.

It is for us to make a choice
To share our time. We can rejoice
For such an opportunity,
To live our lives in unity.

(Repeat)

GROUP ACTIVITY

QUESTIONNAIRE - HOW I USE MY TIME

- A1. When I am woken up in the morning, I
- a) get up immediately
 - b) decide to have another 5 or 10 minutes in bed
 - c) go back to sleep
- A2. When I have school homework, I
- a) do it when I get home
 - b) do it after watching television
 - c) do it after I've been out to play
 - d) think up an excuse why I can't do it at all.
- A3. If I am watching television and someone asks me to turn it off, I
- A4. If I am asked to do something when my favourite television programme is on, I
- A5. If I have a lot of homework and there is not much time to feed my pet, I
- a) ask someone else to feed my pet
 - b) make sure I feed my pet first, then get on with my homework
 - c) decide it will be all right to feed my pet in the morning.
- A6. I have had a lot of homework and my school books are all over the table, I am very tired so I
- a) go straight to bed and tidy up the next day
 - b) go straight to bed as someone else will tidy up anyway
 - c) tidy up then go to bed.
- A7. I clean and tidy my own room
- a) several times a week
 - b) once a week
 - c) every fortnight
 - d) once a month
 - e) in the school holidays
 - f) never.
- B1. Now that you are aware of your own pattern of behaviour, is there anything you would like to change?
- B2. Is there anything that might be difficult about making this change?
- B3. What will you do to deal with this difficulty?

Extension exercise/Links to Other Subjects:

Maths link: For a day, the children can record how much time they spend on each activity e.g. sleeping, brushing hair, getting ready, at school, watching TV, etc. The results can be tabulated into either a bar graph (for comparative study) or individual pie diagrams. To enhance ITC skills the information can also be fed into a computer programme. The children may then choose to design their own ideal day, where they allocate time to each activity and avoid wasting time.