



TIME MANAGEMENT

Jar of Life Activity

Materials Needed:

Large Jars

Sand

Large Rocks (That can fit inside of the jar)

Smaller rocks in different sizes

Debrief:

You need the required number of large jars for your groups filled with assorted bits and pieces of differing sizes. You will then split up your mentees into groups of threes or fours. Each group should have their own jar and contents. The objective is to empty the jar then put all the contents back in so that the top can be covered again easily. One member of the group must note what order the objects are placed back into the jar.

Lesson:

The findings should indicate that the biggest items needs to be put in the jar first in order to be successful. It demonstrates in Time Management terms, that if we want to achieve the important objectives in our lives we must first identify the goals that are important. Once identified you must start to manage the big ones first, you then fit the smaller ones into your life around the big one.

Additional activities can be found at:

www.tutorials.istudy.psu.edu/timemanagement/timemanagement_print.html

www.trainingcoursematerial.com/free-games-activities/time-management-activities/arrange-the-cards