

Hurricane of choices

Our lesson is called Hurricane of choices and we want participants to learn time management and independent living.

Topic: time management + independent living

Lesson summary:

The lesson is about learning how to create a reasonable timetable of their day when there is no one to help around the house. The participants will experience Independence and a little stress, because they will be given a certain lifestyle that they have to manage. It is useful because they will learn respect and empathy for people in different situations.

Team Members and Roles:

- Magdalena- introduction
- Nicole- hand out activity papers
- Adrienn- hand out job and hobby cards
- Zara- hand out timetables
- Apostolia- checks the time
- Liepa – debriefing

What real-life problem or need does the lesson address?

Many young people struggle with stress and balancing their time management. For example: being late and not delivering tasks on time.

Target group

Everybody, but especially young people who are about to start their independent life (16+)

Concrete objectives

- Build a scheduled around a certain lifestyle - designing
- Find and decide when to do house chores - decision making
- Compare each other's timetables and reflect on the task – debriefing

Instructions

Divide the participants into 5 groups.

Introduce the theme of the lesson and explain the rules of this activity.

Let one person of each group draw one job card and one hobby card which make up their role. The given role applies to everyone in the group; however, every person completes the activity for themselves.

Hand out one paper of activities for each group and one blank paper for every participant.

Each participant now has to plan a reasonable and realistic timetable suiting their lifestyle (job, hobby, salary, etc.) and considering the given rules.

During the task the presenting group is going around and checking on the participants.

When everyone is finished with planning their schedule, all participants in a group can compare their timetables. After the activity we reflect on the task by asking 5 fitting questions.

Material List

5 Activity papers (one for each group)

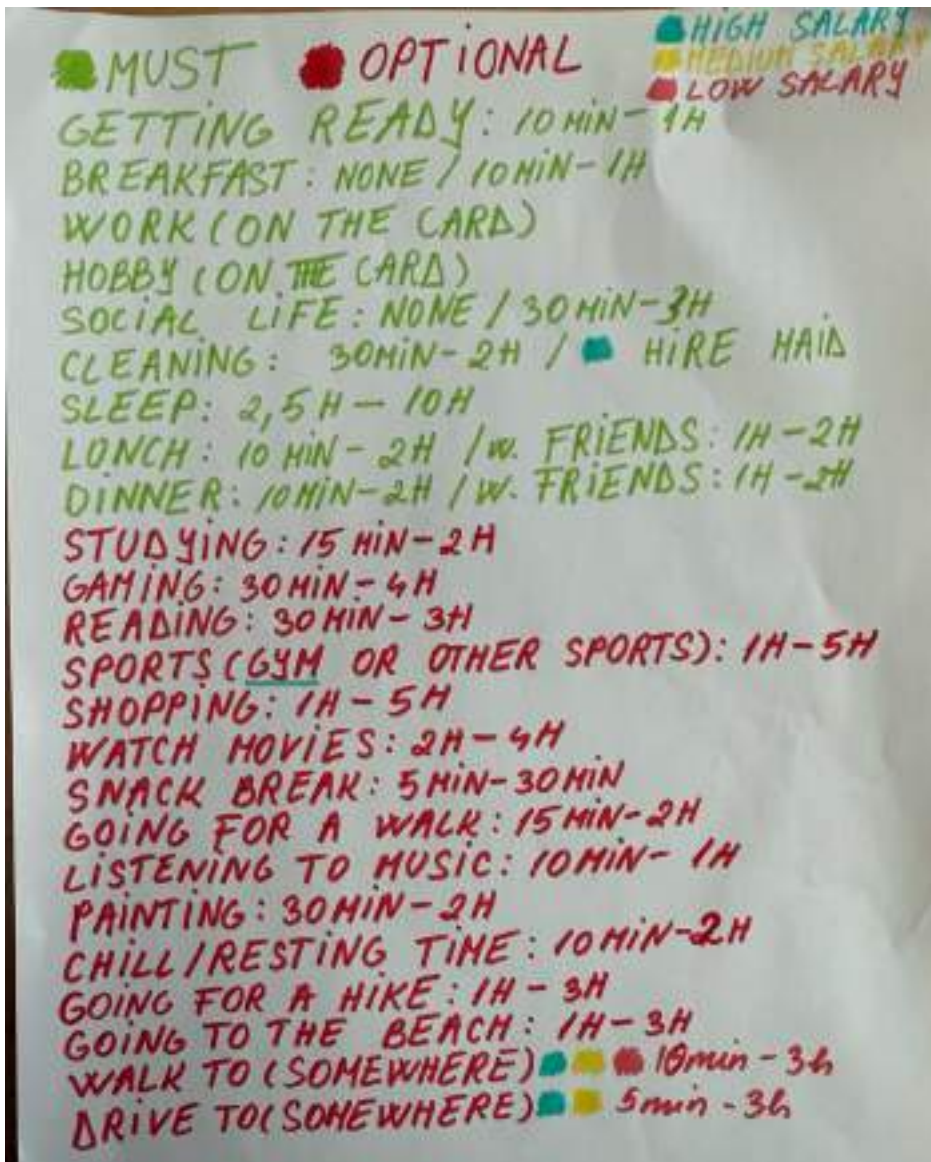
5 job cards (one for each group)

5 hobby cards (one for each group)

26 blank sheets (one for each participant)

26 pens (one for each participant)

rules will be projected on the screen



Reflection Questions at the end of activity

1. What has this exercise taught you?
2. Would you apply it in your Life?
3. Do you think that it is useful to plan your schedule? If so why?
4. Would you feel less stressed and more organized with a timetable?
5. Do you think managing your time makes you more independent?

Self-reflection during testing with other groups

	Yes	Almost	Needed work
Were the instructions clear to the participants?	☐	☒	☐
Are participants active rather than listening to a lecture?	☒	☐	☐
Does the activity achieve its objectives?	☒	☐	☐
Did it realistically fit in 20–30 minutes?	☒	☐	☐
Is everyone meaningfully involved?	☐	☒	☐
Is the activity inclusive?	☒	☐	☐
Is there enough reflection/debriefing?	☐	☒	☐
Is the learning connected to real life?	☒	☐	☐

Based on the peer test session, the strongest part of the lesson was –
Trying to realistically plan your day giving everything into consideration.

Based on the peer test session, one thing that was unclear was –
Rules