

Desire, Time, & Effort

March

Overall Summary:

The 4th grade DTE lesson will build on the idea of a goal. In these grade levels we will expand goals to include not just daily tasks we want or need to complete, but goals that require longer to accomplish. Using the metaphor of a starting and finish line (a race), we use the finish line to illustrate the idea of a goal as well as to highlight the process it takes to get there. It will require hard work (desire, time, effort) as well as the ability to stay focused and not be distracted.

Activity Summary:

Utilizing time wisely is very important for accomplishing goals. Often time is wasted simply because we don't keep track of it. This activity is designed to help students gain a better sense of time. They will improve their understanding of how accurate or inaccurate they are at keeping track of time.

Activity Instructions:

1. Have the entire class stand up and face you. Have everyone raise one hand in the air. Explain to them that the objective of the activity is to estimate when a certain amount of time has passed. Next, have them close their eyes. Tell them that they are to keep their eyes closed and when you say, "Start," they are to try to guess when 35 seconds have passed. When they think the 35 seconds have passed, they are to put their hand down and open their eyes.
2. To let them know how close they were, silently count down the last five seconds with five fingers of one hand. When they open their eyes, they can look at you to see what the count is at that time. Then count five more seconds and have the people whose eyes are still closed open them. Briefly discuss how everyone did, then repeat the process again using a different increment of time.
3. For rounds three and four, have them repeat the same process, except during these rounds distract students by having them repeat words or phrases (pledge of allegiance, the alphabet, etc.). The point is to interrupt their internal timing process.

Processing Questions:

- How did your guesses compare with the rest of the class?
- Were your guesses usually high or low?
- What method did you use to keep track of time? Did you change your method during the activity?
- Why is having a sense of time important?
- What are some consequences for wasting time?
- What strategies can you use to avoid wasting time?
- How is the wise use of time important to achieving your goals?