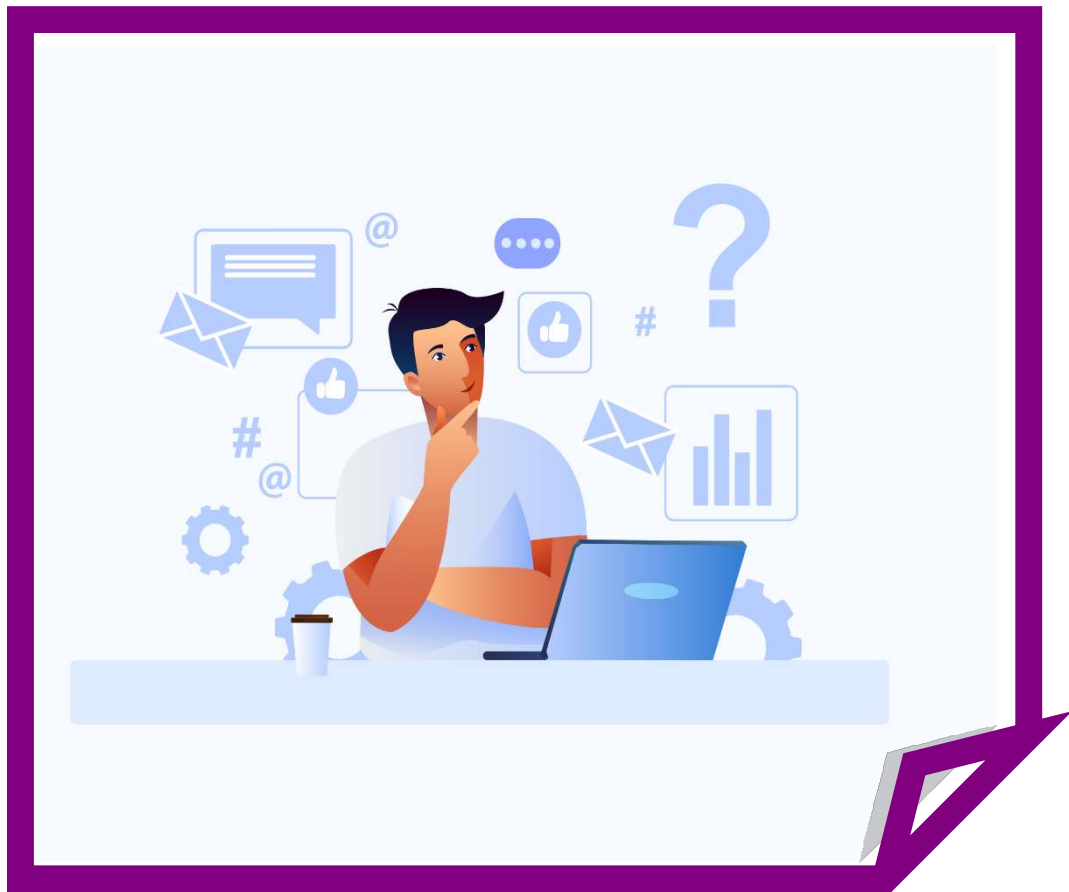


DYP 21st Century Skills

PRODUCTIVITY



Grade 9-12

Mentee : _____

Grade : _____

Date: _____

**PRODUCTIVITY
ACTIVITY 1**

PART-TIME JOB TIME MANAGEMENT:

Imagine a future where you are studying at a university in another country. How would you manage your time? Answer the three questions below as best you can!



How would you:

- 1. Manage your work schedule?**
- 2. Plan your study hours?**
- 3. Maintain a healthy work-life balance?**

Mentee : _____

Grade : _____

Date: _____

**PRODUCTIVITY
ACTIVITY 2**

THE PERSONAL DEVELOPMENT CHALLENGE:

Identify an area of personal growth, such as public speaking or time management itself. How will you set specific goals, seek resources for improvement, and track your progress in that area?

Write your answer here:

30-DAY PERSONAL GROWTH CHALLENGE

No phone before sleeping	Stretch for 30 min	Write 10 small goals	Express why you love them	No social media for 5 hrs
Research your goal for 30 min	Draw your fav animal	Enjoy a warm beverage	Clear your home desk	Consider a tough decision
Find a book non-fiction	Play a board game	Only stairs for 1 day	No candy or sugar	Play music for 30 min
Sort your clothes	10 things that went well	Walk randomly for 1 hr	Learn a magic trick	1-hour workout session
Cook a vegetable meal	Read a full chapter	Wake up 30 min earlier	30 min candle light	Dance to music for 10 min
Say 3 goals out loud	Give 1 thing away	Drink water for 1 day	What is it made of?	Learn 10 foreign words



Mentee: _____

Grade: _____

Date: _____

**PRODUCTIVITY
ACTIVITY 3**

HOW LONG IS A MINUTE?:

This game highlights how we all perceive time in our own unique way. Follow the instructions below and have a blast!

1. Have a friend, sibling or parent take you into a room with no clocks (or where all the clocks are covered).
2. You cannot use your mobile phone or watch.
3. Stand up and close eyes.
4. Open your eyes when you think 60 seconds have passed.
5. The other person will tell you how close you were!

(You can play this game with as many people as you like!)



Now that you're done, how did you feel during the game?

What did you learn about yourself?