



Productivity



Grade 9



Mentee:

Grade:

Date:

PRODUCTIVITY ACTIVITY:

Pomodoro Technique Practice: This activity will help you practise time management and productivity skills. Watch the following video to better understand the technique:

https://youtu.be/QACB1z6I8LQ?si=FYk0A9UM_35PUMY9

Now, choose a task, work for 25 minutes, take a 5-minute break, and repeat.

What did you work on? Did the short breaks help you stay focused? Were you able to concentrate uninterrupted for 25 minutes? What did you find most challenging?

