

The Seven Habits of Highly Effective Teenagers Lesson Plan

Put First Things First! – Lesson Plan

Here is the lesson plan for Habit 3's advisory activity. Please read over the lesson plan ahead of time.

Introduction:

"November's habit is 'Put First Things First'. This habit refers to the idea of prioritizing. Each day whether you know it or not, you prioritize all your daily tasks and routines. The tasks that you spend the most time on shows what you value. If you spend a lot of time on homework and studying, you value your education because you understand the impact it has on your future. If you spend a lot of time on video games or Facebook you value the present time. It is important to remember that the actions you do now will impact you later. Do not procrastinate task instead you need to – **Put First Things First!**"

Demonstration – Watch the "Stop Procrastinating" video. Ask your students the following questions: "How does prioritizing and procrastinating go hand-in-hand?" "What are a few ways that Charlie procrastinated?" "How do you know the difference between tasks that are important versus tasks that are time-wasters?"

Activity 1:

Teacher has glass jar, small pebbles, and large rocks. Teacher tells students to pour in small pebbles. Next teacher tells students to place large rocks in jar. Finally, the teacher asks students to screw on the lid. It cannot be done. Teacher explains that our priorities were off. "Often it is easier to do the small tasks instead of the large tasks. The small pebbles represent the small daily tasks that we have. The large rocks represent the large projects we have to accomplish." Teacher asks student to pour out jar, place big rocks in first, then place pebbles around rocks. It should now fit. "We will keep this jar in our classroom to remind us of the importance of prioritizing our tasks." Teacher asks the following questions **"Why is it easier to complete small tasks than large projects? How can you accomplish large projects without it being so gruesome? What are large projects you face in the future?"**

Activity 2:

Teacher passes out notecards to each student. Teacher asks students to identify ways they procrastinate. Students are asked to write down three ways they personally procrastinate. **Discuss why it is important to identify time-wasters. Ask how prioritizing your life can affect you in your future. Identify key characteristics students want for their future and what it will take to get there.**

Conclusion:

"Prioritizing your daily tasks and projects will have long-term implications on your future. Taking the time to complete your homework, projects, or work towards a goal can help you to achieve large dreams. It takes time and dedication to accomplish large tasks, and with persistence you accomplish anything you want. Remember to set goals, manage your time, and. – **Put First Things First!**

Have students hang their notecards around the classroom to help them identify time-wasters.