



Your Time

Everything takes time. Homework, grading papers, eating an apple and sleeping all take time. Time is such a part of our lives that often we go about our days without even thinking of it. On the other hand, we maybe so busy, with every minute planned out and conscious of every bit of time, that we forget where it went. Days, even weeks, can slip by in a flash and we may not remember what happened.

The following activity will allow you to see "where the time goes" and become aware of how you spend your time.

Materials

pen/ pencil
paper
notebook or journal
ruler

Activity

1) For one week, record, in a notebook, the events of your days and how long each takes. You can be as detailed as you choose.

For example:

Monday	Sleep – 8 hours
	Brush teeth – 5 minutes
	Shower – 10 minutes
	Do hair – 20 minutes
	Dress – 10 minutes
	Eat breakfast – 10 minutes

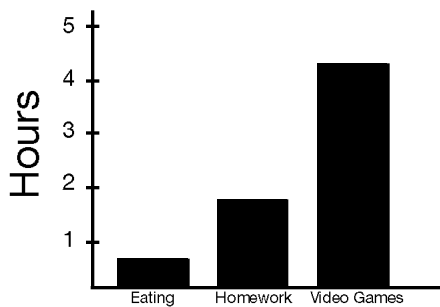


Your Time

Etc.

2) After one week, group events together and add up their times.

3) On a piece of paper, make a bar graph that illustrates how you spend your time in a week. The vertical axis of the graph should show time spent and the horizontal axis should show the events of the week.



Questions:

What percentage of your week do you spend sleeping? Eating? In school? Etc.

(Hint – to find a percentage, use the following formula: $\text{time of an event} \div \text{total time in the week} \times 100$)

Does anything that you see in the graph surprise you?

What do you do most of the week?

On what do you spend the least amount of time?

Do you like your schedule?

If you could, how would you change it?

How do you compare to other animals?

Monkeys in the wild spend 65 – 70% of their day walking and feeding

Monkeys in captivity spend 10-20% of their day feeding

Bats spend 82.9% of their day sleeping

Cats spend about 50.6% of their day sleeping

Human Babies spend 66.7% of their day sleeping

Dogs spend 44.3% of their day sleeping

Horses spend 12.0% of their day sleeping

For a more complete list of animal sleeping habits see "Neuroscience for Kids" at

<http://www.soton.ac.uk/~jrc3/chudler/chasleep.html>

Look at the Bat statistic. How would you feel if you spent over 80% of your time sleeping?