LESSON 15: MIME THE TIME

Background

As you may know, a mime is an actor who acts out a scene by using facial expressions and body movements instead of using words. If you haven't seen a mime act before, we encourage you to view a video online. Mimes can also use facial expressions and gestures to show what a person or event *will* look like in a future scenario. When people plan for the future, they actually mime the task in their minds: They do a mental dress rehearsal or mental simulation of how the task or event will go. This "mind mime" helps people see potential obstacles and adjust ahead of time. We use the term *MIME* for this process to clarify the steps involved:

M	**M**ake an Image: What Will It Look Like?
I	What Will **I** Look Like?
M	How Am I **M**oving?
E	**E**motion: How Will I Feel?

When people MIME a plan, they make an image in their minds of what the finished task will look like; they visualize themselves moving forward through time and through physical locations to complete that task; and in the process of that visualization, they can imagine what their movements will feel like.

When people are MIMEing, they often use *gestures* to help them feel how their plan will go. A gesture is a physical motion (usually of the hands or limbs) that expresses an idea. When we gesture our plans, we are activating neuro-motor pathways that add dimension to these plans, helping us more accurately feel how we will be moving to achieve our goals.

Directions

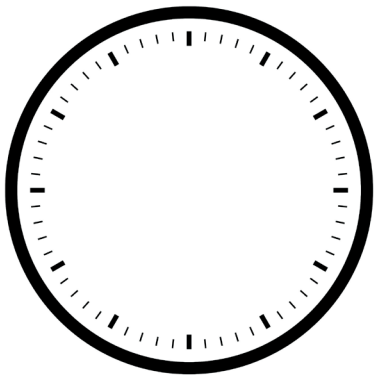
DONE (the goal)

In this lesson, you will practice MIMEing and gesturing future plans. Visualizing and gesturing the movement of time on an analog clock will strengthen your internal clock. This will increase your ability to effectively plan and keep track of your time.

DO (the steps you will take)

- For each time frame and scenario, touch a clock or clock image with your pointer finger and gesture the clockwise movement of the minute hand from the start to the end of that time frame or scenario.

- To further build this skill, you can progress from gesturing time on a clock or clock image with numbers to gesturing time on a clock image without numbers.



- For an additional challenge, you can place a hula hoop or large circle directly in front of you on a wall hook. Standing about one body length away from the hoop, reach out your hand and use your pointer finger to point out the passage of time in the scenarios.

- When you are able to gesture time without referencing the numbers on a clock, you will know that you are visualizing and sensing the *movement* of time (vs. doing a mental math equation), which is important for effective planning.

Note: In Activity 2: In Activity 2: Gesturing Time Scenarios, you be gesturing the time but not the activities that are described in the scenarios. For example, in a scenario that describes having 20 minutes beginning at 7:20 a.m. to eat breakfast and to make and pack up your lunch for the day, you will gesture 20 minutes on the clock as you mentally visualize what you will do. You will not gesture the actions of eating or making lunch.

Example:

In the following image for the scenario of "Getting home and starting my homework," the student visualizes the time passing and the actions she will be doing in that time frame. She gestures the sweep of time on the clock as she mentally pictures the events across time: getting back from school, going upstairs to change, having a quick bite to eat, and then starting her homework.

GET READY (the materials you will need)

- Working Clock or clock image
- Clock image without numbers or hands (see Appendix A)
- Optional: hula hoop or large circle

Activity 1: Gesturing Time Frames

2:40 to 3:00	5:20 to 5:55	7:05 to 7:30
6:30 to 7:15	7:40 to 7:50	8:30 to 9:05
1:30 to 2:15	6:25 to 6:50	8:45 to 9:30
6:15 to 7:10	10:55 to 11:15	1:40 to 2:10

7:10 to 7:15	8:20 to 8:45	1:05 to 1:30
9:40 to 9:50	1:10 to 1:50	4:20 to 4:45
2:05 to 2:45	12:00 to 12:30	6:40 to 7:00
2:40 to 3:20	5:20 to 5:55	7:05 to 7:40

Activity 2: Gesturing Time Scenarios

For the following scenarios, begin by pointing to the start time on a clock, clock image, or circle. Picture the actions you might take in each scenario while gesturing how time would move on the clock, clock image, or circle.

It is 7:20 a.m. You have 25 minutes to eat breakfast and to make and pack up your lunch to bring to school.	It is 3:30 p.m. You have to leave the house at 4:00 p.m. for sports practice.	It is 3:40 p.m. You have 10 minutes to get ready for a tutoring session.
You put a homemade pizza in the oven at 5:30 p.m. It takes 15 minutes to bake.	It is 1:20 p.m. The teacher just announced that the class has 10 minutes to finish up their research in the library.	It is 3:00 p.m. You are leaving the house in 20 minutes for an activity (choose an activity you might do) and need to pack your materials.
It is 7:20 p.m. Your parents just told you that you can use the computer for only 10 more minutes.	It is 4:00 p.m. You have 30 minutes to hang out in your room before starting your homework.	It is 10:50 a.m. and the teacher gives the class 35 minutes to work on a group project.
It's your turn to help cook dinner. It is 6:05 p.m. The water will take 10 minutes to boil and the spaghetti 10 minutes to cook.	It is 6:30 p.m. You are going to eat dinner in 15 minutes.	It is 10:55 a.m. You have a total of 10 minutes to stop by the main office at school to deliver a message for your teacher and get to your next class, which is located at the opposite end of the building.

It is 4:25 p.m. and you are at a friend's house. You have to be back home at 5 p.m. to help with dinner.	It is 11:00 a.m. on a weekend. You have 30 minutes left to shop at the mall before your ride will be there to pick you up.	It is 7:30 a.m. You need to finish your breakfast and feed the pets before leaving the house in 15 minutes.
It is 1:05 p.m. You have 20 minutes to research and then 15 minutes to fill out your graphic organizer.	It is 7:35 a.m. You have 10 minutes to get dressed and 5 minutes to pack your backpack.	It is 3:40 p.m. You have to read for 30 minutes and write a journal entry for 15 minutes.
You start your math homework at 4:35 p.m. and work for 25 minutes.	It is 5:40 p.m. Your science lab write-up will take 10 minutes, and it will take you an additional 15 minutes to color in the graph.	It is 7:30 a.m. The bus ride to school lasts 25 minutes and your first class starts 10 minutes after you arrive.
You help your mom paint your bedroom a new color. You start at 11:00 a.m. and paint for 45 minutes.	You leave the house at 4:50 p.m. to ride your bike to a friend's house. It's a 10-minute ride.	It is 7:15 p.m. You read for 10 minutes and then spend 20 minutes answering five questions.

Your show starts at 7:00 p.m. and lasts for 30 minutes. After that, it takes you 10 minutes to take the trash and recyclables out to the curb.	It is 9:45 p.m. You need to start getting ready for bed in 10 minutes.	It is 5:50 p.m. You have 10 minutes to get out some snacks and drinks before your friends arrive for a study group for the upcoming science exam.
It is 8:50 a.m. and you have 15 minutes to stop off at the guidance office and fill out a form before your next class starts at 9:05 a.m.	It is 4:30 p.m. You need to leave in 20 minutes to go to the store to get a poster board for a school project.	It is 7:30 p.m. You have 30 minutes to relax before you need to Facetime with friends to do some math problems.
It is 2:15 p.m. It will take you 40 minutes to rake the leaves in the front yard.	It is 10:00 a.m. It will take you 20 minutes to drive to the town pool.	You put a load of laundry into the washer at 4:00 p.m. The wash cycle lasts 35 minutes. The clothes then need to go in the dryer.
Your older brother drops you off at the library at 11:15 a.m. He will be back in 45 minutes to pick you up.	You have a dentist's appointment at 9:00 a.m. The appointment will last about 50 minutes.	It is 10:50 a.m. You have 20 minutes to finish an assignment and hand it in before class ends.