

LESSON 8: VISUALIZING YOURSELF ACROSS THE DAY



Directions

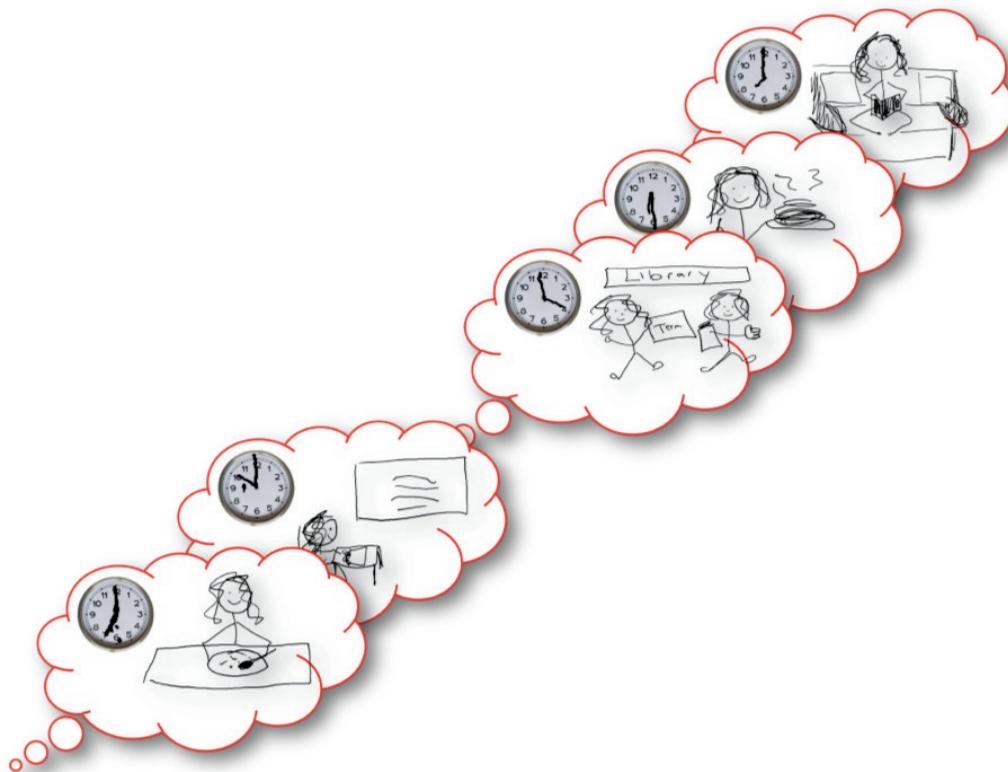
DONE (the goal)

In this activity, you will practice visualizing time and visualizing yourself in the future as your day passes. You will build your ability to see the sequence of the main events of your day (the order in which they happen) and the amount of time these events take (e.g., the time that passes between breakfast, your classes, sports practice, homework, and relaxation time). Picturing yourself moving across the whole of your day will help you plan for activities beyond the immediate present and your next one or two events so that you can feel better prepared and more in charge of your time.

DO (the steps you will take)

- Identify five or six key events of your day and the times when these events will start. For each separate event, mark the time on the clock in one of the thought bubbles provided.
- Next, make a sketch inside the thought bubble of what you see yourself doing at that time.
- Place these future time sketches back-to-back to see how you are moving across your day.
- Move the thought bubbles closer together or farther apart to see the relative distances between events (how close they are to each other in time).

Example:



This student sketched that at 7 a.m., she sees herself eating breakfast. At 10 a.m. she will be in class, and at 4 p.m. she will be at the library meeting with her tutor. At 6:30 p.m. she will start dinner, and then she has time blocked to do homework at 8 p.m.

GET READY (the materials you will need)

- Thought bubbles with clocks (pre-cut or photocopied and cut from the Visualizing Yourself Across the Day Chart)
- Pen or pencil

Activity: Visualizing Yourself Across the Day

