

Getting Started With a Planner

Theme: How to set up a weekly pre-planner

Curriculum Area: Health education

Activity: Students will create a weekly pre-planner that includes non-negotiable events and study times.

Age of Children: 6th grade

Materials Needed: planner or calendar, pencil, markers (optional), stickers (optional)

Developmental Objectives/Domains:

By participating in this activity, students will:

- 1.) learn how to make a study plan to manage stress
- 2.) Learn how to utilize a planner
- 3.) Develop responsibility skills

Procedure:

- 1.) Students will learn about the benefits of using a planner
- 2.) Students will learn about the different types of planners
- 3.) Students will print out the weekly pre-planner and fill in the dates for the week.
- 4.) Students will first add-in non-negotiable events for example; HW assignments, due dates, exams & quizzes, and tutoring appointments.
- 5.) Once non-negotiable events are inputted, students will then incorporate dedicated study times

References:

- 1.) [https://livecupomona.sharepoint.com/sites/archspeers/Shared%20Documents/Peer%20Mentoring/Peer%20Mentoring%20Resources/Mindfulness%20&%20Schedule/Weekly%20Preplanner%20\(Fillable\).pdf](https://livecupomona.sharepoint.com/sites/archspeers/Shared%20Documents/Peer%20Mentoring/Peer%20Mentoring%20Resources/Mindfulness%20&%20Schedule/Weekly%20Preplanner%20(Fillable).pdf)

