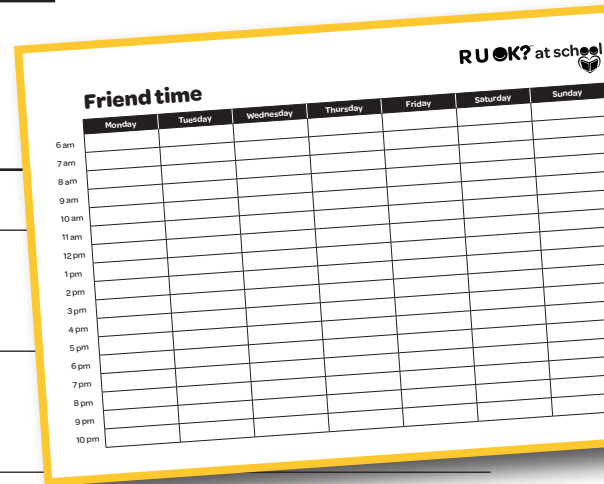


Classroom activity

Making time for your mates

Year level **12**



Duration	20 minutes
Learning intention	Students can recognise that even when they are busy and stressed, it is important to make time for their friends.
Activity focus	This activity focuses on showing students that even at the busiest of times, they still have time for their friends.
Resources required	<ul style="list-style-type: none"> Weekly timetable template
Curriculum and wellbeing themes	<ul style="list-style-type: none"> Wellbeing Mental Health
Success criteria	<p>I can:</p> <ul style="list-style-type: none"> Recognise when my friends need support and make time for them.
Activity description	<p><u>Weekly Plan (5-7 minutes)</u></p> <ol style="list-style-type: none"> Using the template, ask students to fill in all their commitments over a week. They could use colours to colour code different activities. <p><u>Class Discussion (5 minutes)</u></p> <ol style="list-style-type: none"> Ask students, "In our own busy week, how can we find time for friends?" <p><u>Friend time (5 minutes)</u></p> <ol style="list-style-type: none"> Students add into their timetable "friend time". Include what the activity is. Make sure this is bold/colourful. <p>Note: This is a good opportunity to discuss with students the importance of self care, and making time for socialising and downtime.</p>
Differentiation	<ul style="list-style-type: none"> Supporting Strategies: <ul style="list-style-type: none"> Have a list of commitments that students usually have (for example: school, food, sport, work, study) Have a list of ways to find time with friends (for example: during recess and lunch, going for a walk as a study break) Extension Strategies: <ul style="list-style-type: none"> Plan with a friend to have regular friend time in their week. Add this to the weekly plan.
Reflection question	Why is important to make time for our friends?

Friend time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							