



Title of the activity	FIND YOUR PRIORITIES
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Description	<p>In this activity, participants will become more aware of various life areas and their significance. Often, participants struggle with distinguishing between essential and secondary aspects. This activity challenges them to make choices.</p> <p>First, participants will create a top 5 list of the life areas that are most important to them. They will explore why these areas hold such significance, they will discuss their choices in small groups. The facilitator will assist if necessary.</p> <p>In the second part, they will align these areas with their daily schedule. How much time are they currently devoting to each area? Are they satisfied with this allocation, or do they wish to make changes?</p> <p>Since complex concepts will be discussed, it's important to gradually introduce and explain terms like 'importance', 'decision-making', 'time management' in a very simple manner. For participants with limited language skills, supportive pictograms can be used.</p> <p>The following life areas are to consider:</p> <ul style="list-style-type: none">• Cleaning• Cooking• Phone, tv• Family• Friends• Fun, hobbies• Health• Work, voluntary work• School• Money <p>It's possible that participants would like to add something else to their top 5 list, this will be facilitated obviously. When the participants have finished, they will compare their outcomes in small groups. What are the differences and similarities? To wrap things up there will be a group discussion; what are advantages and disadvantages of the choices? They might want to make changes in their final daily schedule.</p> <p>You will find various templates to use.</p>
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Aims	Participants will gain insights into their priorities and learn to manage their time and choices more effectively.
Duration	Up to 1 hour
Main skills addressed	<p>Language skills</p> <ul style="list-style-type: none"> • Speaking • Listening • Interpersonal Skills • Independency • Responsibility • Self-presentation • Self-leadership skills • Decisiveness • Ownership • Self-care • Self-efficacy • Self-knowledge • Cognitive and digital skills • Adaptability • Cultural awareness • Planning • Time management
Why is this activity suitable for promoting civic participation and integration?	The participant will learn to prioritize and to be aware that it can be important to make choices in how you spend your time. This helps the participant to function independently in life.
Number of participants	Small groups Large groups

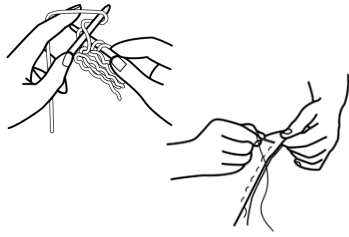
<p>Oral language level</p>	<p>Beginner Moderate Experienced</p>
<p>Suitable for how many participants (min. / max.)</p>	<p>4-15</p>
<p>Indication of duration of the activity</p>	<p>Duration activity: Up to 1 hour</p> <p>2 hours or 2 separate lessons (1 for the first part/making a top 5 list and 1 for the second part/aligning the top 5 list with your daily planning)</p> <ol style="list-style-type: none"> 1. Everyone gets a top 5 list template and another paper with pictures and/or words (second and third template). 2. Participants cut out the pictures or words that match their top 5 list. They put these on the first template. 3. Then, participants talk about their choices in small groups. 4. Now, participants use the daily planner template or a pie chart to show how much time they spend on each of their top 5 activities. There's an example to show what a pie chart is. Some learners might find the pie chart too hard to understand, so they can use the daily planner template instead. They can create an 'average day,' or they can use the daily planner template seven times for each day of the week. Participants put the pictures or words on the planner and write down how much time they spend on each. With the pie chart, they show the allocation by making different-sized parts of the circle and then place the pictures or words in the right pieces. 5. After making choices, participants look at what others did. They talk about how they choices are the same or different in small groups. 6. Finally, the facilitator leads a discussion about everyone's results. Are you happy with how you plan your days? Do you want to change something? For example, more time for hobbies, family, less time on your phone? Do you want to work more? What's good and not so good about your choices? If you clean for two hours every day, you might not have lots of time to play outside with your child, for example?

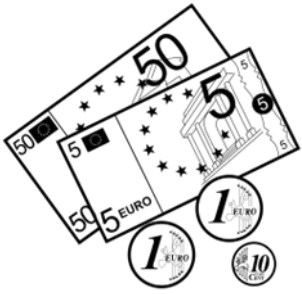



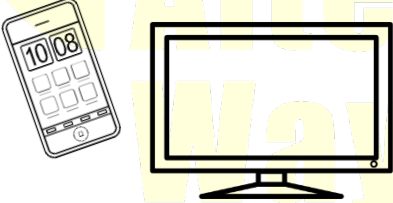



	<p>7. Ask the participants to stick the cut-out pictures at the end of the activity. This way, they can still change their minds during the activity.</p>
Indication of preparation (time, which material are needed)	<p>Preparation time: up to 1 hour</p> <p>Materials needed</p> <p>Every participant should get copies of the templates, scissors and glue.</p>
Evaluation method (if applicable)	<p>Have a look at the worksheets after a week. Take a moment to chat about any recent shifts in their daily routines. Is there anything they would like to tweak now as they review their worksheets?</p>
Variations	<p>When participants are done with the daily planner template or pie chart, they can indicate with hearts which activities make them happiest. They can draw hearts, with the hearts being the largest for the activities that bring them the most joy. Participants can discuss these choices with each other (in small groups). What makes them happy and why?</p>
TIP / ADVICE	<p>The second part of the activity might to be too abstract for participants. Instead you can ask how much time they spend on their top 5 and which part of the day they have time for their priorities.</p>



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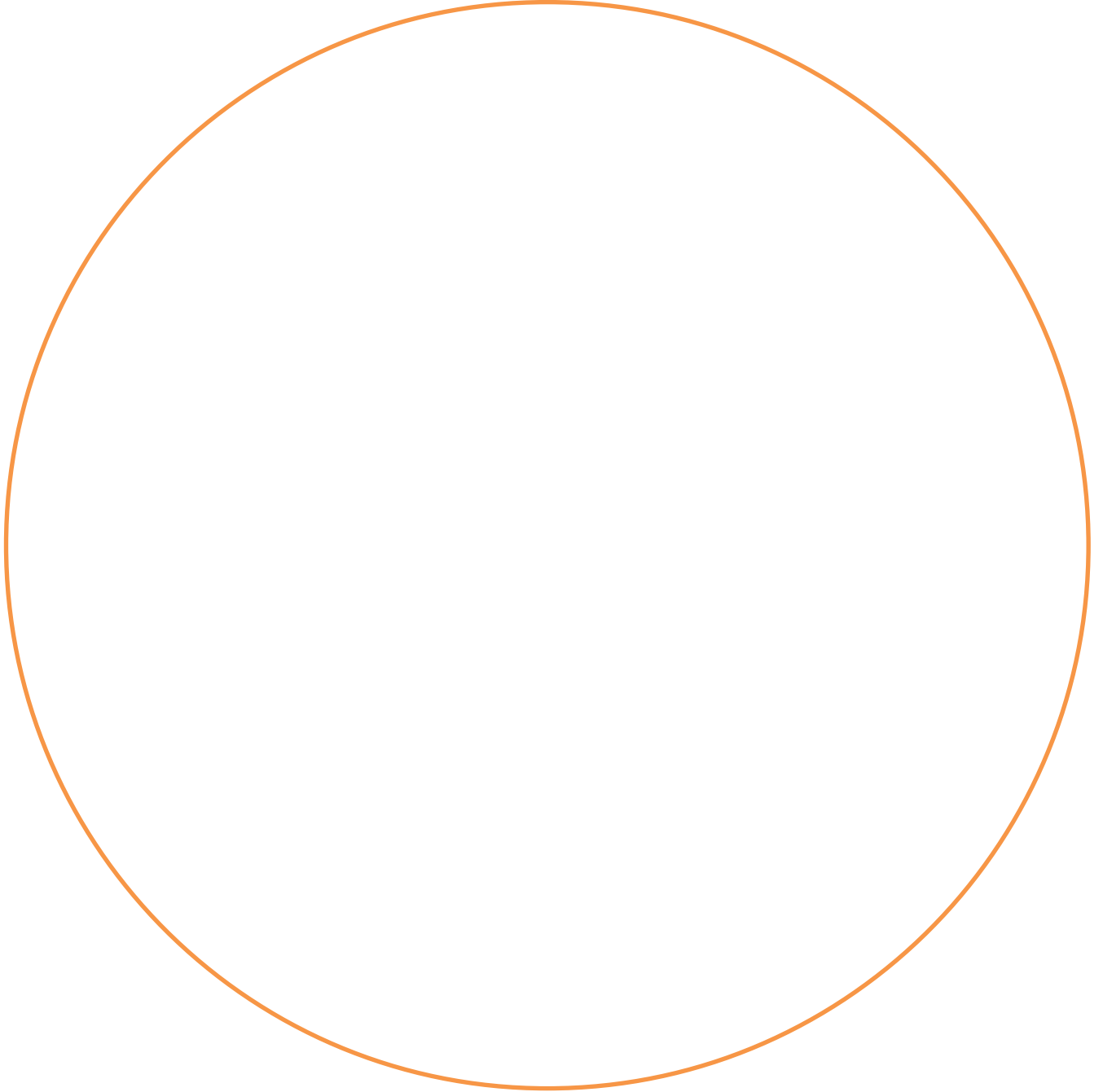
 <p>Illustration of Euro currency: a 50 Euro banknote, a 5 Euro banknote, two 1 Euro coins, and a 10 Euro cent coin.</p>	 <p>Illustration of a hand stirring a pot with a spoon, with steam rising from the pot.</p>
 <p>Illustration of cleaning supplies: a bottle of cleaning liquid, a broom, and a bucket.</p>	 <p>Illustration of three workers in uniform: a woman in a lab coat, a man in a hard hat and work clothes, and a man in a pilot's uniform.</p>
 <p>Illustration of a smartphone and a computer monitor.</p>	 <p>A large question mark.</p>



Hobby: knitting, sewing, crocheting	Hobby: dancing, listening to music
Hobby: sport	Hobby: going for a walk
School	Health
Family	Friends
Money	Cooking
Cleaning	(Voluntary) work
Tv, phone	Someting else?



Your day



Your day

