



Time Blocks

Students will use a block gathering activity to learn the importance of prioritizing and making the most of your time at work. Take blocks of different colors put them on table and explain the task—each individual must pick up as many blocks as they can in the allocated time frame, with these ground rules:

1. They must pick up with their non-dominant hand
2. They may only pick up one block at a time.

Give them a minute to minute and half. When time is up, record their name and number of blocks collected on a flip chart. Celebrate then spread out the blocks again for Phase 2. Before starting the second phase, arbitrarily assign

values to the block colors (i.e. yellow block 1 point, red 2 points, etc.). Repeat the exercise. Now they must reflect the number of blocks as well as number of points. Debrief can then focus on the need to prioritize.

- 20 blocks in primary colors
- large sticky notes to keep track of scores

