

DON'T DELAY

Procrastination is a panther in disguise!

Materials: Worksheets, name it/tame it templates, pencils, timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

What is procrastination?

It's putting off today what can be done tomorrow. It's not doing what needs to be done. It's waiting until the last minute. Or, it's a combination of all these things.

And it can be especially harmful when it comes to homework.

When we procrastinate and don't do our homework, it can feel like a vicious animal is chasing us!

Procrastination is one of the main reasons homework can be a beast. Putting off our homework can create a lot of problems, like poor grades and worrying about getting behind.

For today's activity, we're going to think about ways we procrastinate and ways to stop our procrastination. What you'll discover is homework — like many other things in life — can't be escaped. You have to get to it before it gets to you!



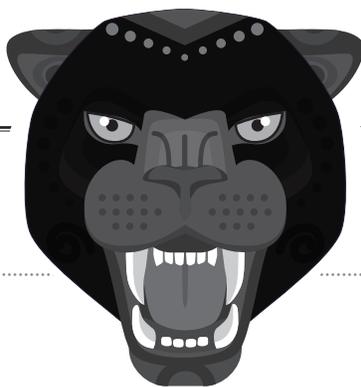
ACTIVITY INSTRUCTIONS

- 1 Divide into pairs.
- 2 On your template under "Name it," write ways in which you procrastinate.
- 3 On your template under "Tame it," write ways in which you can overcome procrastinating behavior.
- 4 Each pair has 10 minutes to complete the activity. When the timer sounds, we'll share our ideas with the Group.

(Set the timer for 10 minutes.)



NAME IT



TAME IT

A large rectangular box on the left side of the page, divided into two columns by a vertical line. The top section is a solid white box. Below it, the page is ruled with horizontal dotted lines, providing space for writing.

A large rectangular box on the right side of the page, divided into two columns by a vertical line. The top section is a solid white box. Below it, the page is ruled with horizontal dotted lines, providing space for writing.