

## Losing Time Activity:

On an average day, think about how much time student(s) are engaged in things that interrupt their learning and answer these questions:

- How much learning time is lost for specific student(s)?
- How much learning time is lost for other students?
- How much time are you spending addressing these behaviors/challenges? What impact is this having on you?
- How much time do you think this takes away from doing the things you'd rather be doing? (Your priorities, the environment that you want to create, etc.)
- How effective are these efforts? Are they working to decrease the amount of time you are spending dealing with these issues?



How much time are you already spending and “losing”?

Is what you are doing working to make the changes you want to see?

What if you spent this same amount of time doing things that would work to make changes?

\*How much time does it take to regulate yourself in the moment? (30-60 seconds)

\*What if you did this throughout the day, maybe every 10 minutes, or 30 times a day, how much time would that take? (15-30 minutes)

\*Regulating yourself could be taking a deep breathe, moving your body, squeezing your arms, swaying back and forth, naming how you feel or a physical sensation.

**Time Spent Addressing Challenges in the Classroom:**

Put a tally mark in the correct box for each time.

Minutes Spent	Monday	Tuesday	Wednesday	Thursday	Friday
1-2					
3-5					
5-10					
10-15					
15-20					
MORE					
TOTALS					