Get prioritising!

Plan your day! Highlight the activities that you have to do each weekday. Then complete the priorities list.

Phoning a good friend  
Eating meals  
Reading a magazine  
Going to school  
Listening to music  
Have a rest  
Having a shower  
Tidy my bedroom  
Watch TV  
Visit a friend  
Chat to my parents/carers  
Go out in the evening  
Play on my computer  
Go shopping  
Doing my homework  
Read a book

<table>
<thead>
<tr>
<th>Priorities List</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Red</strong></td>
</tr>
<tr>
<td>Important things that have to be done</td>
</tr>
<tr>
<td><strong>Amber</strong></td>
</tr>
<tr>
<td>Important things which I can wait to do</td>
</tr>
<tr>
<td><strong>Green</strong></td>
</tr>
<tr>
<td>Things which are not very important</td>
</tr>
</tbody>
</table>

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