

THE TIME WE HAVE LEFT

Watch the [video](#) titled “The Time You Have (In JellyBeans)” by Ze Frank.

1 WARM UP

Task 1: Study the common daily activities. How many hours or minutes do you spend doing them each day? Discuss your results as a class.

1. Watching T.V. _____
2. Browsing social media. _____
3. Sleeping. _____
4. Eating. _____
5. Sitting down. _____
6. Exercising. _____
7. Brushing your teeth. _____
8. Cleaning your house. _____
9. Reading. _____
10. Cooking. _____
11. Socialising. _____
12. Shopping. _____

Task 2: Discuss the following questions as a class.

- a) What do the jelly beans in the video represent?
- b) How did the video make you feel?
- c) Do you think you could use your time more effectively?

2 VIDEO VOCABULARY

Task 1: Match the words to the correct definitions.

commute **3** chores **1** groom **2** charity **5** satisfying **4**

1. a routine task, especially a household one.
2. to brush and clean to keep one's appearance good.
3. travel some distance between one's home and place of work on a regular basis.
4. feeling happy and fulfilled because your needs or desires have been met.
5. an organisation set up to provide help and raise money for those in need.

Task 2: Complete the following sentences using the words from the exercise above. Then say if they are true or false in relation to your own life.

- a. I have a very long **commute** to work every day. I usually use public transport as it is good for the environment.
- b. After finishing the project, I received positive feedback from my colleagues, which was very **satisfying**.
- c. I donate to a local **charity** each month. I think that giving money to a charity is more important than giving your time.
- d. I think it is important to **groom** in order to look good. First impressions last!
- e. My daily household **chores** include; washing the dishes, taking out the rubbish bin and making my bed.

Task 3: Practice using the new words by answering the questions.

1. How can you use your time effectively while commuting?
2. Do you enjoy doing any household chores?
3. Why is it important to groom oneself?
4. Name a charity that you think does great work, then describe what they do.
5. Describe a time when you felt satisfied outside of work.

3 LISTENING EXERCISE

Task 1: Watch the [video](#) again, and then write down what the following numbers refer to. You need to provide details for each one.

Number:	Details:
8477	The time that we are asleep.
1635	The time used for eating, drinking and preparing food.
3202	The time we spend at work - hopefully doing something that we love.
2676	The time we spend watching television.
1576	The time we spend doing household chores and activities.
564	The time we spend caring for the needs of others.
671	The time used to groom, take a bath / shower and all other bathroom related activities.
720	The time we spend on religious activities and civic duties.

Task 2: Discuss the questions related to the video:

1. Do you think sleeping less to live more is a good idea?
2. Do you enjoy eating, drinking and preparing food? How could you enjoy this more?
3. Is your goal to spend more or less time working?
4. Is watching TV a waste of time or does it have some benefits?
5. What household chores do you not enjoy doing?
6. Do you spend time caring for other people's needs? Explain.
7. Do you think social media has impacted the amount of time one spends grooming?
8. In your country, is it common to spend time taking part in religious activities?

4 THE TIME WE HAVE LEFT

Task 1: Complete the quotes from the start of the video using the words from the box.

year adulthood roughly average life day sense

- These are **roughly** 28,835 Jelly Beans.
- There is one Jelly Bean for each day that the **average** American will live.
- You might have more beans in your **life**, or maybe less, but on average this is the time we have.
- Here's a single bean. It's your very first **day**.
- Add 364 more and you have the first **year** of your life.
- Now for a **sense** of scale, here are your first fifteen years. 5,475 days.
- Which brings us to the threshold of **adulthood**. And at that moment this is the time that we have left.

Task 2: The video ends by asking the following questions. Take a few minutes to read and prepare your answers, then share them with the class.

- How much of it do you think you've already used up?
- If you only had half of it, what would you do differently?
- What about half of that? How much time have you already spent worrying instead of doing something that you love?
- What if you just had one more day?
- What are you going to do today?

Task 3: As a class, discuss how those types of questions make you feel. Make a list of 5-10 adjectives that fully describe your feelings.



5 MAKING THE MOST OF YOUR TIME

Task 1: Read the article aloud. Then complete the tasks on the following page.

Time is a valuable resource, and learning how to make the most of it is essential for success and happiness. Here are some key strategies to help you maximise your time:

Set clear goals: Start by defining your short-term and long-term goals. Clear goals provide purpose and direction, helping you prioritise your tasks and make better use of your time.

Eliminate time wasters: Identify activities that consume your time without adding much value. Minimise distractions such as excessive social media use or aimless web browsing to free up more time for meaningful activities.

Practice time blocking: Allocate specific time blocks for different tasks or activities throughout your day. By dedicating focused time to each task, you can avoid multitasking and increase efficiency. Don't forget to include breaks.

Delegate: Don't be afraid to delegate tasks that others can handle. Whether at work or home, identify tasks that can be assigned to colleagues, family members,

or hired professionals. This frees up your time for more important responsibilities.

Prioritise tasks: Decide which tasks are most important. Use tools like to-do lists or digital planners to organise your tasks and ensure you focus on the important ones first.

Learn to say no: Recognize your limits and prioritise your commitments. Learn to say no to requests or activities that don't align with your goals or bring you joy. Setting boundaries helps protect your time and focus on what truly matters.

Continuous learning: Invest time in personal development. Acquiring new skills or expanding your knowledge improves productivity and opens up new opportunities. Read books, take online courses, or join relevant communities to stay ahead.

Practice self-care: Take care of your physical and mental well-being. Make time for exercise, sufficient sleep, healthy meals, and relaxation. When you are well-rested and energised, you can accomplish more in less time.



Task 2: Find synonyms in the text for the following words:

1. Crucial (P1) **Essential.**
2. Rank (P2) **Prioritise.**
3. Pointless (P3) **Aimless.**
4. Productivity (P4) **Efficiency.**
5. Assign (P5) **Delegate.**
6. Match (P7) **Align.**
7. Gaining (P8) **Acquiring.**
8. Enough (P9) **Sufficient.**



Task 3: Answer the following question using full sentences.

- a. How can setting clear goals help you maximise your time?
- b. What are some common time wasters that should be eliminated?
- c. How does time blocking improve efficiency and productivity?
- d. Why is delegation important in optimising your time?
- e. What strategies can you use to prioritise your tasks effectively?
- f. How does learning to say no benefit your time management?
- g. In what ways can continuous learning contribute to maximising your time?
- h. Why is self-care essential for making the most of your time?
- i. What are some practical ways to incorporate self-care into your daily routine?
- j. How can acquiring new skills and knowledge improve your productivity?
- k. What are some effective tools or methods for organising tasks and commitments?
- l. How can setting boundaries help protect your time and focus?

6 SECOND CONDITIONAL QUESTIONS

Read the theory about second conditional questions, then complete the exercises.

We use second conditional questions to ask hypothetical questions. Hypothetical means that something is not real and has little / no possibility of becoming real.

Example: What would you say if you met the president?

We usually use the modal verb of *would* to form these questions. However, you can also use *could*. It is a way of asking if you were able to.

Example: Where would you live, if you could live anywhere in the world?

Task 1: Complete the sentences below with *would* / *could*:

1. Who **would** you have dinner with, if you **could** have dinner with anyone in the world?
2. What **would** you change, if you were president?
3. If you **could** have any job in the world, what **would** it be?
4. What car **would** you drive, if you **could** drive any car in the world?
5. If you **could** be any animal in the world, what animal **would** you be?
6. What superpower **would** you have, if you **could** have any superpower?
7. If you **could** travel back in time, which event **would** you want to see?
8. If you **could** have any talent or skill, what **would** you choose?
9. If you **could** have any fictional character as a friend, who **would** you pick?
10. If you **could** have a conversation with any famous person from history, who **would** you choose?

Task 2: Now, answer the questions above. Give as much detail as possible and have fun!



HOMework

1 SECOND CONDITIONAL QUESTIONS

Task: Write answers to the questions in exercise 6 of the worksheet. Your answers need to be written using the second conditional.

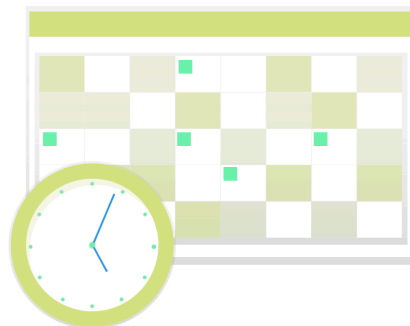
1.

2.

3.

4.

5.



2 TO DO LIST

Task: Write down a to do list for a normal day in your life. Remember to include all your household chores, your commute to work and any other activities that you have to do.

- Wake up at _____.
- Make breakfast.
- _____
- _____
- _____
- _____
- _____
- _____
- _____

3 WRITING TASK

Task: On a separate piece of paper, write detailed answers for the following questions.

1. Explain how you will complete your to-do list from the previous exercise effectively.
2. Why is it important to manage your time?
3. How can you strike a balance between work, personal life, and leisure activities to ensure you have a well-rounded and fulfilling experience of time?
4. What are common ways people waste their time? How can one avoid this?
5. How can technology help people use their time more wisely?
6. What tips and advice would you give to a person who wants to improve their time-management skills?

