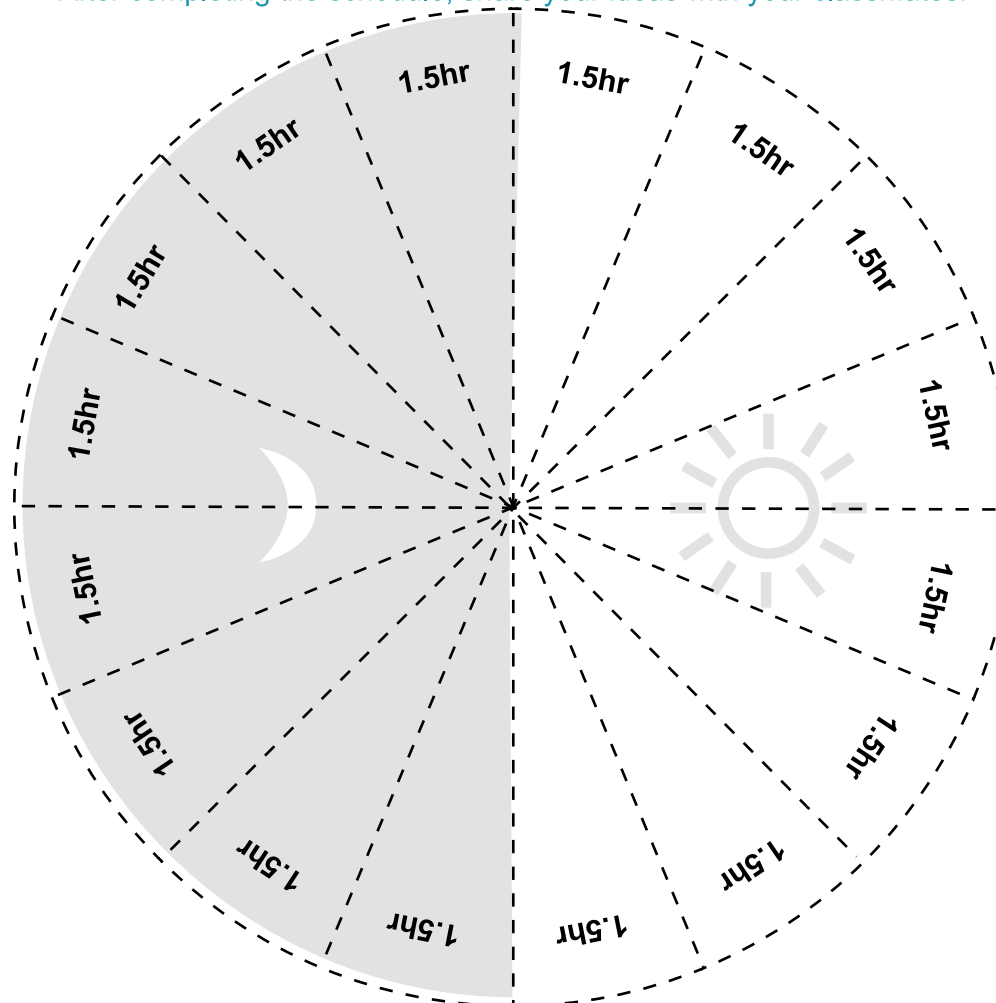


Aunt Nancy's Timetable

Uncle Billy is going on a work trip today, so Aunt Nancy will take care of their child. If you were Aunt Nancy, how would you plan your time? Below is Aunt Nancy's timetable. You can look at the list of activities on the next page and place them into the schedule. Remember to use the corresponding colour for each activity.

After completing the schedule, share your ideas with your classmates!



working from home/in the office	sleeping	cooking	eating	interacting with family/children	reviewing lessons with children
visiting/taking care of parents	reading	exercising	doing chores	doing outdoor activities	meditation
walking the dog	chatting with friends	grocery shopping	listening to music	shower and self-care	watching a movie





Before you allocate the time, what were your main considerations when designing the timetable?

1. How many hours of sleep do working mothers or fathers need each day to stay healthy and energised?
 2. How much time should they spend with their family every day, such as helping kids with homework, interacting or playing with them?
 3. How can working moms or dads find time for their own activities, like exercise, hobbies, or relaxation? Why are these activities important?
 4. Do parents also need to deal with unexpected tasks outside their normal routines?
 5. Do stay-at-home moms or dads have fewer tasks to do each day, or they are busier instead?
- These questions help students understand that both working and stay-at-home parents need to manage their time well and work hard to handle many responsibilities.
 - Every student's family is different. By discussing this topic, students can learn to appreciate and respect different family situations.

