DISCOVERING YOUR WORK SKILLS—Non-School Day

1. Fill out the activity column for a non-school day:

|  |  |  |
| --- | --- | --- |
| **TIME** | **ACTIVITY** | **WORK SKILL** |
| 6:00AM – 7:00AM |  |  |
| 7:00AM – 8:00AM |  |  |
| 8:00AM – 9:00AM |  |  |
| 9:00AM – 10:00AM |  |  |
| 10:00AM – 11:00AM |  |  |
| 11:00AM – 12:00PM |  |  |
| 12:00PM – 1:00PM |  |  |
| 1:00PM – 2:00PM |  |  |
| 2:00PM – 3:00PM |  |  |
| 3:00PM – 4:00PM |  |  |
| 4:00PM – 5:00PM |  |  |
| 5:00PM – 6:00PM |  |  |
| 6:00PM – 7:00PM |  |  |
| 7:00-PM – 8:00PM |  |  |
| 8:00PM – 9:00PM |  |  |
| 9:00PM – 10:00PM |  |  |
| 10:00PM – 11:00PM |  |  |

Some examples of activities…there are many more:

Dance

Art

Games

Homework

Cooking

Reading

Watching TV

Team practice

Work (be specific)

Tutoring

Listening to music

Practicing

Drawing

Driving

Hanging with Friends

Surfing the internet

Exercise

Video/Computer Games

Babysitting

Cleaning

Yardwork

Pet care

Volunteering

Studying

Music

Organizing

Shopping