

TALKING TO YOUR CHILD

ABOUT FILLING OUR CUPS WITH POSITIVE ACTIVITIES

Talk to your child about why it's important to spend time doing activities that promote health, happiness, and responsibility. This can help them make more balanced choices about how they spend their free time.

Use this approach to teach your child essential life skills of setting priorities and time management. This activity will help you and your child gain awareness of how you are spending your free time.

BEFORE YOU BEGIN:

- Have a discussion about the different activity cups on the tracker.
- Which cups are **important** for us to be healthy? Happy? Responsible?

HOW TO DO THE CHALLENGE:

For Children:

We recommend you focus on logging **free time hours**, and not logging hours at school. Color one line for every half hour spent doing each activity.

For Parents:

We recommend you focus on logging **free time hours**, and not logging hours at work. Write the approximate number of minutes or hours spent daily within each task's cup.

AFTER YOU FINISH:

- Which activities are causing cups to **overflow**? How can you tell?
- Which activities have **mostly empty** cups?
- How can we **better balance** our cups?





MY FREE TIME TRACKER



To Use: Color one line for every half hour spent doing each activity.
We recommend tracking 5 weekdays of free time (not at school) or one weekend.

Start date: _____ End date: _____



Time Outdoors



Screen Time



Reading/Studying



Helping My Family



Something I Want
to Get Better At



Using My
Imagination



MY FREE TIME TRACKER



To Use: Fill in the lines for which activities you plan to track.

Color one line for every half hour spent doing each activity.

We recommend tracking 5 week days of free time (not at school) or one weekend.

Start date:

End date:




