⏰ Time Management Guide

Helping your child **manage time effectively** can **reduce frustration, increase focus, and build independence**. Use these **simple strategies** to introduce timers and structured work sessions for **better concentration and productivity**.

⌛ The Power of Timers

Using timers helps children **stay on task, visualize time passing, and transition smoothly** between activities. Try these approaches:

✔️ **Pomodoro Technique:** Work for **20 minutes**, take a **5-minute break** (*adjust based on age and attention span*).
✔️ **Visual Timers for Younger Kids:** Use **sand timers, countdown clocks, or apps like Time Timer** to make time **more concrete**.
✔️ **Audible Alarms:** Set **gentle chimes or alerts** to signal **work time and break time**.

📊 Time-Blocking for Structure

✔️ **Break large tasks** into **manageable chunks** (*e.g., "15 minutes of reading, then a movement break"*).
✔️ **Create a simple daily schedule** with **clear time slots** for homework, play, and relaxation.
✔️ Use a **"first-then" approach** – *"First, finish your worksheet; then, you can play outside."*

🔄 Focus & Brain Break Intervals

✔️ **Younger children: 10-15 minutes of focus**, then a **5-minute movement break**.
✔️ **Older children: 20-30 minutes of work**, then a **5-10 minute brain break**.

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Let's Connect!

EMPOWER. EDUCATE. ELEVATE.

📌 **Brain break ideas:** Stretching, jumping jacks, deep breathing, or doodling.

Empower • Educate • Elevate

Teaching **time management** doesn't have to be overwhelming. **Start small, experiment with different methods, and adjust as needed**.

💡 **Need Help Building a Time Management Plan?**

Book a **free 30-minute consultation** for expert support in **creating personalized schedules, improving focus, and managing transitions smoothly**.

📅 Schedule Here

📧 **Contact:** TrottaLearningSolutions@gmail.com

🌐 **Website:** TrottaLearningSolutions.com

💙 **What's one time management strategy you'll try today?** ⏰

Warmly,

Tom