This video illustrates how much time we have. It would be an excellent addition to a discussion or activity on time management.

**ABOUT THE VIDEO**

**VIDEO LENGTH**

2:44

**DEBRIEF WITH CLASS**

Q. Why is it important to use the time you have?

**REFLECTION**

1. How could you be more effective with your time?

2. What could you spend less time doing?

3. What do you want to do with your time?