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ACTIVITY PAGES

**Time and Time Again** (Thinking & Talking)



How is time experienced differently, depending on how you feel?

Time flies when you're having fun! Time stands still when you're waiting for water to boil. How does your experience of time change from moment to moment, depending on what your activity is and your emotional relationship to that activity?

Have each person think of three activities with which they are familiar.

#1 Activity – Should be something that you do routinely whether you like it or not, like brushing teeth, making your bed, or a household chore.

#2 Activity – Should be something you love to do, such as playing a special game, watching your favorite TV show, or eating ice cream.

#3 Activity – Should be something challenging, like a crossword puzzle, a page of homework, or fixing something that is broken.

Estimate the amount of time that it takes to feel entirely finished with each activity or task. Write down your estimated time and keep that paper.

**Part One** – With a stopwatch, have someone time you doing each of those activities or tasks. Try to complete the activity in a natural manner and in the way you usually do it, and don't look at the time until you've finished.

Compare the time you had estimated to the actual time.

Was the actual time for your task shorter or longer than you estimated?

What is your feeling when you do this task? What is your feeling after finishing it?

Discuss with the class how your state of mind can affect your experience of time.

**Part Two** – Now do each of your three activities again, but keep track of the time as you do them, and make yourself finish in the exact amount of time that you estimated, no more and no less. Even if you do not feel finished when the time is up, you must stop.

This time, watching the clock when you were doing your activity, did you feel rushed? Did you have time to spare? How did that affect your relationship to the task or your feelings about it?

**Online:** [www.worldartswest.org/plm/guide/activitypages/thinktalk/timeandtime.shtm](http://www.worldartswest.org/plm/guide/activitypages/thinktalk/timeandtime.shtm)