









Time cake

	<p><u>Time frame:</u> ~ 30 min</p>
	<p><u>Location:</u> indoors</p>
	<p><u>Participants:</u> single participants or small familiar groups</p>
	<p><u>Material:</u> prepared sheets with a circle; probably example of a filled time take for demonstration</p>
	<p><u>Procedure:</u></p> <p>The participant gets a sheet with a "cake" (circle) on it. This is e.g. the "weekly time cake". The participant draws different pieces that symbolize fields of life (family, job, friends, leisure time, sleep, etc.). The size of the pieces shall be according to the time she/he spends for these fields.</p> <p>If a group of participants is very familiar and all participants agree, the group can discuss the person's arguments later.</p>
	<p><u>Goal / purpose:</u> Time management, spending the time meaningful and effective, identifying free time for further training or other matters.</p>
	<p><u>Questions for discussion:</u></p> <ul style="list-style-type: none"> - What fields take most of the time? - What do you feel regarding my time cake? - Does the invested time fit the importance of this field? - Do you want to change your time cake? - Is there free time to invest to any kind of training or learning?
	<p><u>Source:</u> According to Jugert, Rehder, Notz & Petermann (2006). <i>Fit for life. Module und Arbeitsblätter zum Training sozialer Kompetenz für Jugendliche</i>. Weinheim: Juventa.</p>