



# EARLY CAREER HELP

Educational and Career Consultancy Services

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## NEEV-1: MODULE 3

# TIME SENSE & PLANNING FOR KIDS

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**EARLY CAREER HELP'S**

**NEEV**

Nurture | Enlighten | Evaluate | Victory

GUIDANCE PROGRAM

# NEEV-1

For Students of Class 1-5



SHAPES YOUR CHILD'S  
THINKING, FOCUS, AND

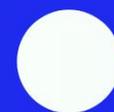
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FROM THE START

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Smart planning, bright future!



- Teach kids to use a timetable or planner
- Help them estimate how long tasks take
- Break big tasks into small steps
- Set clear goals for each week
- Use visual aids like charts/calendars
- Avoid multitasking – focus on one thing at a time
- Identify time-wasters (like unnecessary screen time)
- Use alarms/reminders to build schedule awareness
- Parents can co-plan the day with kids
- Celebrate when plans are followed successfully

"Time is precious! Let's teach kids how to plan and use time smartly. A little guidance now builds a lifetime of time management skills."

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## What is “Time Sense”?

- 🕒 Understanding time of the day (morning, afternoon, evening)
- 📅 Days of the week, dates, and months
- 📌 Knowing when to start & stop activities
- 👁️ Developing awareness of how long tasks take

Time is your  
invisible helper!



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## Why Time Sense is Important

- 🕒 Kids learn to manage studies & play
- 🚫 Avoid last-minute panic
- 🧘 Reduces stress, improves calmness
- 🌱 Builds self-reliance & confidence early on

Master time, master life!

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## Daily Planning Made Simple



-  Break the day into blocks: study, play, rest
-  Use a colorful planner chart
-  Keep short goals – “Read for 10 mins”
-  Make a “school bag ready” checklist



Plan smart, play hard!



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## Tools to Teach Time

-  Use real clocks & digital clocks
-  Time puzzles & flashcards
-  Storybooks with “morning to night” routines
-  “What comes next?” sequencing games

  
**Make time fun to learn!**  


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## Fun Activities to Build Time Sense

-  Set a 5-minute timer for tidy-up
-  Beat the clock – dress up in 3 minutes!
-  Stopwatch races for brushing or packing
-  Match chores to weekdays

Play with time,  
don't waste it!



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## Weekly Planner Chart

- 📅 Sunday to Saturday layout
- 🎨 Include drawings/symbols for tasks
- 🍏 School + hobby + rest time balance
- ✅ Kids check off completed activities

🌟  
**Planning makes  
you proud!**  
📄 😊

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## Avoid Time Wasters

- 📱 No mobile before homework
- 📺 No random screen time
- 🤔 Avoid daydreaming too long
- 🧘 Use break time wisely with calm activities



Use time, don't  
lose time!



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## How Parents Can Support

- 👨👩👧👦 Plan the week together on Sundays
- 🕒 Give a watch or planner to your child
- 🙌 Celebrate punctuality & planning
- 🔄 Reflect weekly: "What went well?"

Time-wise kids need  
time-wise parents



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## Tips for Parents & Students

### Parents please:

- ✓ Use colors or emojis for different daily tasks
- ✓ Encourage kids to plan 3 things every morning
- ✓ Replace “Hurry up!” with “Let’s check the time together!”
- ✓ Be consistent—habits form with daily practice

“Teaching time sense early brings lifelong benefits. Let children explore planning with fun tools, and praise every tiny effort!”



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## LEARNING TO FOCUS & PAY ATTENTION

-   Practice short mindfulness or breathing exercises
-  Remove distractions during study time
-  Use puzzles or activities to build concentration
-  Give single tasks, avoid multitasking
-  Use background music (like white noise) for focus
-  Limit gadget use to avoid attention breaks
-  Give simple, clear instructions
-  Encourage activities like reading or drawing
-  Praise efforts to stay attentive
-  Increase focus time gradually

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**Attention is the first step toward better learning!**

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Personalized Guidance



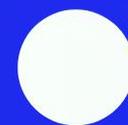
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