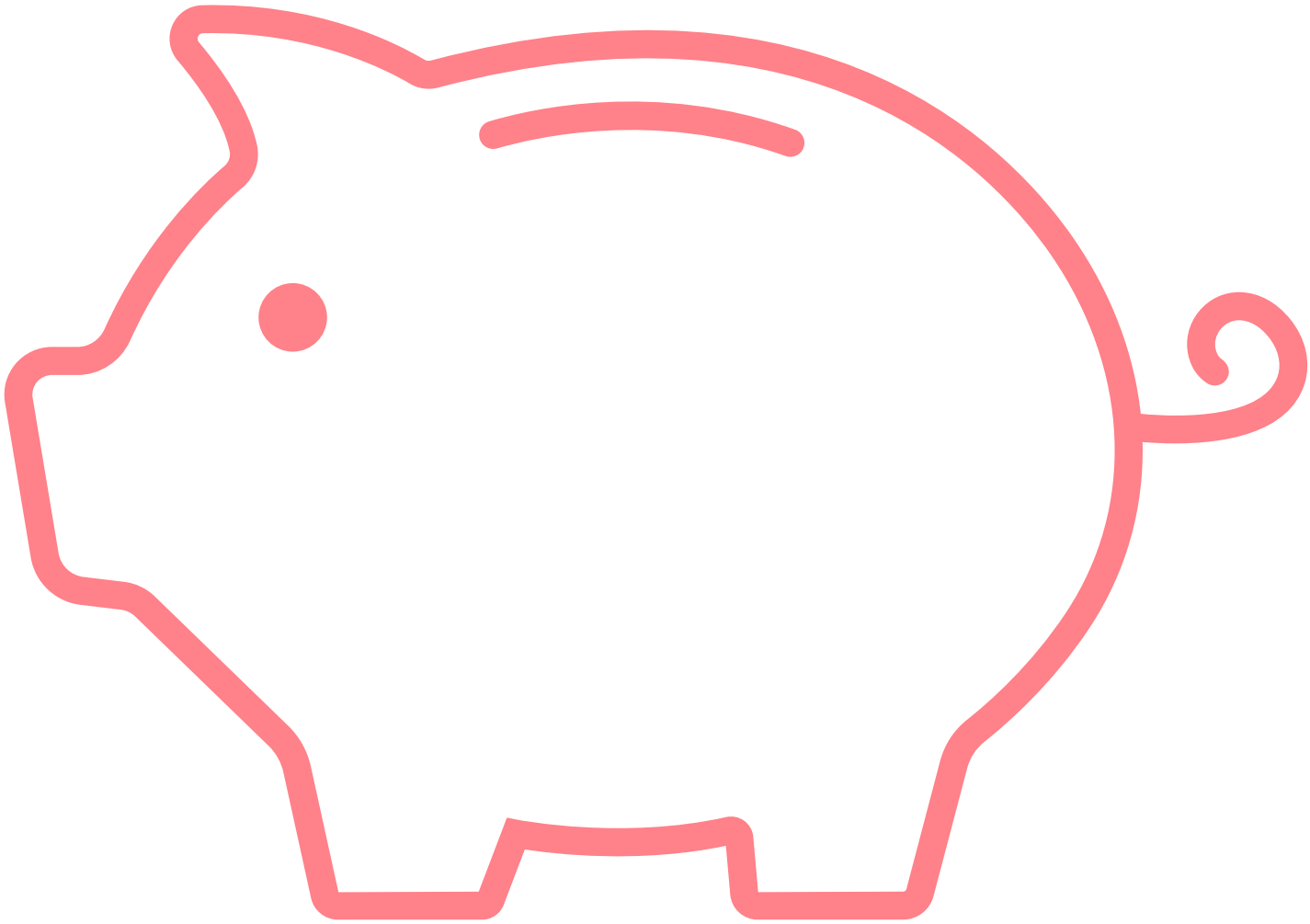
PLANNING MY JOURNEY WORKSHEET

Imagine you have a list of tasks to do, like going to the gym or doing homework. Time tax is like a fee you have to pay for each task, which includes any extra time you need to get ready or travel to where you need to be!



What time tax do you pay when getting ready for school? Write it down in the piggy bank!





Buffer time is like giving yourself a cushion or extra room in your schedule for unexpected things that might come up, like traffic or forgetting keys. It helps you stay on track with your schedule.

Did you know... Spending 12 minutes planning a day can eliminate 2 hours of wasted time! [hubstaff.com]



INSTRUCTIONS:

- Imagine you are getting ready to leave for school.
- Use Google Maps, Waze, or a similar navigation tool to find the estimated travel time.
- Estimate additional time for potential delays and the time it takes to leave the house (buffer time).
- Calculate the total time needed to plan your journey effectively.
- Repeat the activity, but this time to the zoo, and without using a navigation app to see the travel time!



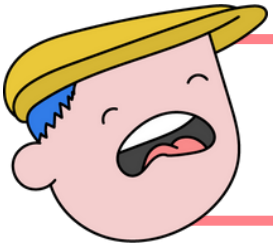
How far is the school? .....

Travel time on map app: .....

Time to leave home: .....

Buffer time: .....

TOTAL TIME:



Did you know... Londoners lose about 7 days per year to traffic congestion! [clockify.me]

PLAN YOUR TRIP TO THE ZOO!



How far is the zoo? .....

Estimated travel time: .....

Time to leave home: .....

Buffer time: .....

TOTAL TIME:

How did estimating the total time impact your perception of the journeys?

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What strategies could you use to reduce the total time?



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Turn your travel time into fun learning time! Listen to a podcast, an audiobook, or even learn a few new words in a different language while you're on your way to your destination.