

## Metacognitive “Time-outs”

**Metacognitive skill targeted:** learning planning, time management

**Age group:** 8+

**Duration:**

15 minutes

**Materials needed:**

worksheet, colouring pencils

**Activity Description:**

This activity will help you reflect on your learning planning process and time management skills. You can write or draw challenges you are facing during the activity as well as plans to overcome them.

**Instructions:**

1. Write or draw on a piece of paper the challenges you are facing during the activity
2. Talk to your partner about the ways to overcome the challenges
3. Switch roles with your partner
4. Draw your solutions to the challenges

**Useful Tips:**

Just relax and express what is on your mind!

Name / Surname: \_\_\_\_\_

## METACOGNITIVE TIME-OUTS

Write or draw challenges  
you are facing during the activity

