

## C 5.2 A WEEK IN MY LIFE



### C 5.2.1.

We are going to keep a seven day diary and in it we are going to mark with different symbols

a) Activities we carried out as a **duty** and others we received as a **right**.

### A. We keep a Diary

All the students are to keep a diary over a seven day week detailing the activities they took part in after school hours.



The following is an example which they should follow.

Day	Time	Activity	Time spent
Monday	3:00pm	Ex. homework	90 minutes
	4:30pm	errand, etc	
	6:00pm		
	7:00pm		
	8:00pm		
	9:30pm	slept	

This is to be carried out for all the days of the week including Saturday and Sunday.

### B. Rights and Duties

All the things we carry out during the day fall under RIGHTS and DUTIES.

What are these?

**Rights:** are those things I am supposed to get from others.

I have a **right** to acquire an adequate education.

**Duties:** are those things which I am supposed to do for others.

I have a **duty** to help my mother with the housework.

### C. The result of Joseph's diary.



**Read:** Joseph is in year 5 of Primary school. He too kept the seven day diary, and from his diary we gather the figures shown on the following page. We observe how Joseph spent his time after school hours.

#### From Joseph's Diary.

Look closely at the table and mark what Joseph did as either a **RIGHT** or a **DUTY**.

	Activity	Time	Right / Duty
1	homework	10 hours	
2	Helping out with housework: Washing of plates, cleaning on Saturday, errands	9 hours	
3	Free time at home: Playing inside, television, playing on computer	15 hours	
4	Reading in Maltese and in English	7 hours	
5	Learning music and playing of instrument at the club	2 hours	
6	Religious activities: mass, doctrine attendance at MUSEUM	8 hours	
7	Sunday bicycle outing with all the family	5 hours	
8	Visiting and helping grandparents both on my mother and my father's side	4 hours	
9	Sleeping	56 hours	

What is his total time spent on **RIGHTS** and total time spent on **DUTIES**.

Total of DUTIES = \_\_\_\_\_

Total of RIGHTS = \_\_\_\_\_

*This exercise is to be carried out by every student individually. Then we have to find the time to compare our results and form some observations. It would also be good if a suggestion is proposed so that we do not waste our time but improve our use of this.*

**D. From Joseph's Diary answer these questions.**

1. Doctors advise us that in order to be healthy, we should sleep around eight hours daily. Does Joseph obey the doctor? Why?

\_\_\_\_\_  
\_\_\_\_\_

2. Playing and resting, are important both for the young as well as for adults. Name an activity which Joseph carried out, which could be called play and/or rest. Say how long Joseph spent on this activity.

a) Name the activity:

\_\_\_\_\_

b) Time:

\_\_\_\_\_

3. We usually spend around six hours a day at school. From Monday to Friday these amount to 30 hours. According to the diary which you read, in a seven day week, how much longer did Joseph spend sleeping than he did at school?

\_\_\_\_\_  
\_\_\_\_\_

4. Joseph spent around an hour a day reading in Maltese and in English.

Do you agree with the time Joseph dedicated to reading? Why?

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5. Mention an activity Joseph did to help with housework.

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6. Do you agree that both boys and girls should help with housework? Why?

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7. In the table, in number 5, we find that for two hours per week, Joseph goes to study music and a band instrument. This activity is part of Joseph's FREE TIME.

During our free time we can do a hobby or a pastime which we enjoy.

a) What is your favourite pastime?

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b) How much time do you spend per week on this pastime? (check your own personal diary)

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c) Mention a way through which we can learn a lot through our pastimes.

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8. Find more words which you associate with Free Time



