

PRIORITIES

BEST FOR: Ages 13-18

OBJECTIVE: To teach students a valuable, core lesson about life, priorities, and what is really important. It is a lesson that represents everything the Slacklife stands for and strives to teach.

MATERIALS:

Watch this video first: <https://www.youtube.com/watch?v=SqGRnIXplx0>

A jug or mason Jar
Golf balls or ping pong balls
Pebbles or beads
Sand or Dirt
Juice or Beer

LESSON:

[Teacher]: We all have this one life to live. A fleeting shadow amongst all that exists in this vast universe. We have the ability to accomplish anything. Truly anything. IF, we use our time wisely.

Fill the jar with golf balls. Ask: Is this jar full? Students will likely say yes.

Add pebbles. Is it full now? Yes

Add sand. How about now? Is the jar full now? Yes.

Take out beers or juice depending on age. Then pour it into the jar and watch it absorb into the sand.

NOW it is full.

Tell the students: Now I want you to recognize that this jar represents your life. The golf balls are the important things--your family, your friends, your health, and your passions. The pebbles are the other important things--your car, your job, your home. The sand is everything else. It is just the small stuff. Now if you put the sand in the jar first, you won't have room for the pebbles or the golf balls. The same is true in life. If you spend all your energy and your time on the small stuff, you won't have time for all the really important things that matter to you. Pay attention to the things that are

critical to your happiness. Take care of the golf balls first--the really important things. Set your priorities. Find balance for the important things in your life. Everything else is just sand.

At this point, if no one asks you what the beer represents, ask them what they think. Then explain that "no matter how full your life may seem to be, there's always room for a couple of beers/or a sweet drink with a friend."