

rubato template

“Keeping track of break time”

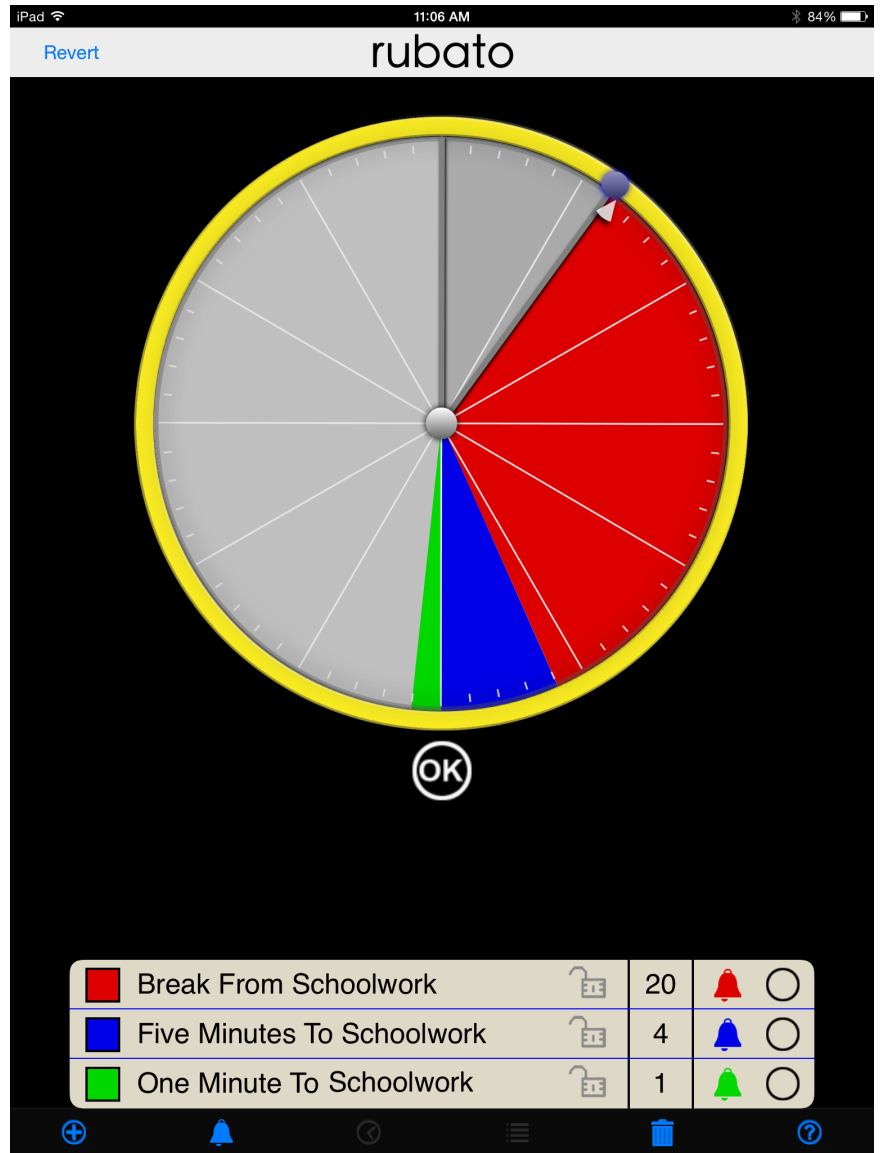
ISSUE:

“I want to get back on schedule but I am too involved in my break activity”

Rubato is set up to help transition from a break period back to a work period. In this case, the break is scheduled for 25 minutes, total. We've broken the break into three “segments” of time:

- The initial break is in red and lasts for 20 minutes.
- The second segment marks a warning period of 4 minutes; this segment's starting alarm sounds when there are actually a total of 5 minutes left to the break.
- As we enter the third segment, the next alarm sounds ; it signifies “One Minute to Schoolwork.”
- A fourth and final alarm sounds at the end of all three planned segments of the break.

This scenario not only announces warnings but also prompts an action on the part of the student- namely, to check off the finished segment in response to hearing the alarm. This two-part “action” helps interrupt the flow of the break period, keeping the student alert to the impending end of the break.



Used as a template, this scenario may be adjusted to the actual start time by using the handle shown here to slide the segments around the clock face.