rubato
Helpful Hints

1- 1 - Whenever possible, the required activity should be a "close-ended" event that is concrete enough for everyone to know what the expectations are. When an activity is close-ended and concrete, it usually means that it is either countable and/or observable. For example, if the person is to Read a Book before they get to Play Wii, the reading activity can be something like, read 20 pages. The Adult and Learner then agree on a time frame for reading 20 pages, let's say 25 minutes. Twenty pages is concrete, and countable, which is different than just instructing someone to read 25 minutes, because what does that mean? 10 pages, 15, 30?

Another example is that a person will need to Clean One's Bedroom and he/she can watch TV. The expectation to clean the bedroom needs to be concrete enough, so the expectations could be: Put your clothes away, vacuum, and empty your trash can. This description would be concrete (and close-ended) because it is observable and everyone knows when all the steps have been completed. Again, the Adult and Learner will need to decide how long it should take to clean the room; Let's say, 30 minutes. This is different than just saying that one has to clean his/her bedroom for 30 minutes before watching TV. Without clear, observable expectations the Cleaning of the Bedroom would be too open-ended.

Unlike the required activity, the preferred activity can be open-ended. Reading a Book for pleasure, Watching TV, Playing Wii, ... all of these can be open-ended and only constrained by the amount of allotted time decided up front. So, with any of these preferred activities, there is no practical purpose in deciding how many pages to read a favorite book, or how many TV shows to watch or games to play on the Wii. The preferred activity would continue as long as there is still time to do it.

If the required activity was Cleaning the Bedroom (with concrete expectations) that was estimated to take 30 minutes, assuming that there is one hour (or 60 min.) to work with, that would leave another 30 minutes to Watch TV. If the Learner accomplished all the tasks within Cleaning the Bedroom in only 20 minutes, then he/she would now have 40 minutes to

Watch TV. On the other hand, if the Learner took 40 minutes to clean the room, then there would only be 20 minutes left for TV. By using rubato, the Learner would see the colored time frames that represented both Cleaning the Bedroom and Watching TV. Cleaning the Bedroom in 20 minutes would result in the corresponding colored time period shrinking while the time period for Watching TV would expand. The opposite is true to, where the Learner would see the required activity of Cleaning the Bedroom expand while the amount of time to Watch TV would shrink.

2 - The Learner is meant to experience how making certain decisions directly benefit or hinder his/her desire to have time for more preferred activities. The Adult's role is to teach the Learner through facilitating the use of rubato. The Adult will also need to control the environment sufficiently enough so as to limit the Learner from gaining access to any of the identified preferred activities before he/she has earned them by successfully completing all required activities first. If Wii is an identified preferred activity, then the Adult will need to have some level of physical control over the gaming system until the required activity is completed.

3 - The Adult should expect the Learner to experience better decision making within time-management over time – meaning, that everyone learns in approximations (two steps forward, one step back.) Depending on who the Learner is, it may be reasonable for the Adult to fade his/her involvement and allow the Learner to set up his/her own rubato clocks. In the beginning, the Adult may need to set-up the clock(s) with the Learner present. Eventually the Learner can set up the clock(s) and the Adult will only need to supervise. Finally, the Adult may be able to stand further back and allow the Learner to continue to (mostly) succeed and (occasionally) fail – Which would mean that he/she is continuing to develop Time Awareness and Management skills.