

中二級
24 品格優勢- 節制篇
延伸學習工作紙

挑戰一: 請連續 3 天用蕃茄鐘完成以下其中 3 個項目

日期	待完成項目	成功嗎?
	1. 溫習英文生字 (e.g. Vocabulary Booster Unit 5)	
	2. 閱讀 Lightsail 英文圖書	
	3. 朗讀英文課文	
	4. 完成完整一課數學練習題(e.g Unit 9a)	
	5. 做運動	

挑戰二: 請自訂 2 個待完成項目，然後用蕃茄鐘完成。

日期	待完成項目	蕃茄鐘數量	成功嗎?

你能跟我們分享你運用蕃茄鐘時的感受嗎?

THE POMODORO TECHNIQUE



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The Timer

Extrem Pomodoro Technique 8 x 25 min - Study Timer 4 h Timecode: 00:00 1 Round Exercise 00:25:00 Break 00:30:00 2 Round ...

24:37 1 Round Exercise | Break | 2 Round Exercise | Break | 3 Round Exercise | Break | 4 Round Exercise ... 16 chapters



Pastel - 30 Minute Timer with 10 Minute Breaks - Pomodoro Technique - Study and Focus Timer

870K views · 2 years ago

Lets of Colors

Table of Contents: 00:00 - 1st Interval 30:05 - 10 Minute Break 40:05 - 2nd Interval 1:10:05 - 10 Minute Brea 1:20:04 - 3rd Interval ...

4K 1st Interval | 10 Minute Break | 2nd Interval | 10 Minute Brea | 3rd Interval | 10 Minute Brea | 4th... 20 chapters