1.
2.

3.
4.

5.

6.

# Pomodoro Technique

## Six Steps


Pomodoro Timer

1. Decide task to be done
2. Set the Pomodoro timer (typically 25 minutes)
3. Work on the task
4. End work when timer rings, take a short break (typically 5 or 10 minutes)
5. If less than 4 pomodoro's completed - repeat steps 1-4
6. Once complete a set (4 pomodoros) take a longer break (30-60 minutes)


Francesco Cirillo

What happens if you finish the task before timer goes off?

1. Review your work just completed.
2. Review the activities from a learning point of view (ex: What learning objective did you accomplish? What learning outcome did you accomplish? Did you fulfill your learning target, objective, or outcome for the task?)
3. Review the list of upcoming tasks for the next planned pomodoro time blocks, and start reflecting on or updating them.

LEVEL UP

# Determine how you are going to work this week

## Activity



**GOAL**

Decide to work using pairing or mobbing. If pairing determine whether 2 or 3 person pairs. Make your decisions visible