



# ENTREPRENEURSHIP AS A MINDSET – PREPARING KIDS FOR LIFE



GUIDE FOR CHILDREN

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**The Pomodoro Method  
for Kids and Teens:  
Learn to Focus and Stop Procrastinating**



[www.KidzFair.co.uk](http://www.KidzFair.co.uk)





## THE POMODORO METHOD FOR KIDS AND TEENS

### What is the Pomodoro Method and Why Does it Work?

The Pomodoro Technique was created by Francesco Cirillo in the late 1980s. He developed it as a time management method while he was a university student. The technique gets its name from the tomato-shaped kitchen timer ("pomodoro" means "tomato" in Italian) that Cirillo used to track his work sessions.

The Pomodoro Technique is a proven method for improving focus, productivity, and time management. It helps children and teenagers learn to work efficiently without stress or distractions.



This method is ideal for:

- ✓ Young children (ages 6-10): learning to concentrate while studying or doing creative activities
- ✓ Teenagers (ages 11-17): managing schoolwork, preparing for exams, or working on personal projects
- ✓ Young entrepreneurs at KidzFair: organizing their work, avoiding procrastination, and preparing for events

By breaking tasks into focused time blocks, children learn discipline, improve their efficiency, and reduce the feeling of being overwhelmed.





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How Does the Pomodoro Method Work?

### 1. Choose a Task

- For schoolwork: read five pages, memorize 10 new English words, solve three math problems.
- For young entrepreneurs (Kids Fair): design five new greeting cards, create three handmade candles, write a product description, or prepare a social media post.

### 2. Set a Timer

- 25 minutes of focused work
- 5 minutes of rest
- After four Pomodoros, take a longer break (15–30 minutes)

During the 25-minute work session, the child should avoid all distractions (no phone, no messaging apps, no interruptions).



### 3. Work with Full Focus

During the Pomodoro session, the child focuses only on one task without switching to something else.

Kids Fair examples:

- A 10-year-old girl who makes jewelry decides to prepare a new collection. In one Pomodoro session, she creates three bracelets, then takes a short break.
- A 12-year-old boy who sells homemade cookies spends 25 minutes testing a new recipe, then takes a break before continuing.





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### 4. Take a 5-Minute Break

During the break, children can:

- Stand up and stretch
- Drink water
- Step outside for fresh air

For younger kids (ages 7–10), break activities can be playful, such as jumping jacks or a quick dance.



### 5. Repeat 4 Times, Then Take a Longer Break (15–30 Minutes)

After four Pomodoros, the child can take a longer break, such as:

- Playing a game
- Listening to music
- Watching one episode of a cartoon

Example:

A young entrepreneur preparing for KidzFair completes four Pomodoros—finishing price tags, packaging, logo stickers, and a final product check. Then, she takes a well-earned break.





### How to Adapt the Pomodoro Method for Different Age Groups?

#### For Young Children (Ages 7-10): Learning Through Play

1. Use a Visual Timer
  - A physical timer, sand clock, or a timer app can help.
  - Make it fun by calling it the "Magic Focus Hour."
2. Turn It Into a Challenge
  - "Let's see how many words you can read in one Pomodoro!"
  - "Can you build 20 LEGO pieces in 25 minutes?"
3. Reward the Effort
  - Give a sticker or star for every four completed Pomodoros.
  - At the end of the week, celebrate with a small treat or special activity.
4. Make it Fun
  - Create a story-based mission: "You're on a secret mission and have 25 minutes to complete your task!"
  - Use background music or nature sounds instead of a regular timer.

#### For Teenagers (Ages 11-17): Learning to Plan

1. Let Them Choose Their Own Tasks
  - Write down daily goals in a planner or app.
  - Assign Pomodoro sessions to each task (e.g., 2 Pomodoros for math, 3 Pomodoros for an essay).
2. Create a Good Work Environment
  - Turn off notifications on the phone.
  - Ensure good lighting and a comfortable chair.
  - Use noise-canceling headphones or focus music if needed.
3. Explain How This Helps Their Future
  - "Even university students and business professionals use this method!"
  - "You'll finish your homework faster and have more free time!"
4. Use a Competitive Element





## THE POMODORO METHOD FOR KIDS AND TEENS

### Stay Connected with KidzFair

We'd love to hear how you're growing, learning, and dreaming with us!  
Share your journey, your progress, and your proud moments.

Contact Us:

Email: [hello@kidzfair.co.uk](mailto:hello@kidzfair.co.uk)

Website: [www.kidzfair.co.uk](http://www.kidzfair.co.uk)

Join the conversation on social media:

Tag us, share your results, and show us how you're growing with KidzFair

### Follow Us and Our Events

Don't miss out on exciting activities, events, workshops, and updates!  
Stay inspired, stay informed, and be part of our growing community.

→ Follow us on Instagram – @kidzfair | FB – KidzFairUK

→ Keep an eye on our events at [www.kidzfair.co.uk](http://www.kidzfair.co.uk)

Together, we're building a brighter future — one young mind at a time.

**Remember: Small steps every day = Big results over time!**

