

Name _____



Personal Experience with Time Zones

Directions: Write **one to two paragraphs** reflecting on a time when you experienced a time zone difference. If you have not personally experienced this, imagine a situation where you would, such as traveling internationally or scheduling an online call across the globe. Use the guiding questions to help structure your response.

Journal Prompt:

- When and where did you experience (or imagine experiencing) time zone differences?
- How did it affect your daily schedule, communication, or travel plans?
- What challenges did you face, and how did you adjust?
- Why do you think understanding time zones is important for people in today's world?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.