

My Week of Balance

Choose real or fictional examples. Skip private details; never include passwords, medical information or contact details.

Learning goal: Make a realistic weekly plan that includes learning and restorative activities.

Balance does not mean doing the same amount of everything every day. Some days are busy and some are quieter. Plan small possibilities and leave room for changes, rest and things you enjoy.

Your steps

1. Use words or symbols to plan each part of your week.
2. Include learning, play, movement, rest and connection across the week.
3. Mark one busy day and protect a small reset on it.
4. Choose a small goal and reflect after trying it.

1. My weekly possibilities

Use short words or symbols. Blank spaces are allowed; this is not a perfect schedule.

Day	Learn	Play	Move	Rest	Connect
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

2. Make the plan realistic

Spot one crowded part of the week. Decide what can move, shrink or wait.

My busiest day	One thing I can make smaller
A rest or connection choice to protect	A person who can help adjust the plan

My Week of Balance · Practice & next steps

Continue your ideas from page 1. Write, draw, use symbols or ask someone to scribe. Share only what you choose.

3. Small goal, honest reflection

Pick one change you can test, not a whole new routine.

This week I want to...	I will try it on...
What actually happened?	One useful adjustment

My next step

Next week I will keep or change...

Optional stretch · Grades 6–8

Compare planned and actual time for two days. Identify a trade-off and explain why your adjustment is fair to you.

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Optional teacher / parent follow-up: Do not treat empty boxes as failures. Help the learner choose a realistic goal without filling every moment.