

Subtopic 2: Variety and Balance

Doing different kinds of activities helps us feel better in different ways. It's good to have a mix—some quiet time, some active activity, time with others, and time by yourself, time that is structured or planned and time that is unstructured and you have more freedom to choose. We all have responsibilities like schoolwork, out of school activities, chores, and bedtime—but we also need time to relax, play, and be with others. Finding balance helps us feel our best. Balance means not doing just one thing all the time and getting different benefits from the activities you do. Sometimes what we do can be boring and we need to find ways to turn it into something interesting to us.

Student Goals:

- Understand why variety is important
- Learn about the concept of balance in daily routines and reflect on individual routines
- Connect different activities with feelings or needs (possible use of Zones of Regulation)
- Begin exploring the idea of time management
- Think more about healthy habits around school, out of school, fun, rest, and relationships

Timeframe:

30–40 minutes, **Flexible timing/ adaptable format:** Can be completed in short segments or extended across multiple sessions.

Example Conversation Starters:

- “What does a normal day look like for you?”
- “When do you feel too busy? When do you feel bored?”

- “What would your perfect day look like?”
- “Why do we need different types of activities to stay healthy and happy?”

Activities:

- **Daily Pie Chart:** Have students draw a circle and divide it into slices—school, out of school, rest, fun, family, screen time, etc. Reflect on which parts feel out of balance. Too much or too little. And why?
- **Lifestyle Reflection:** Talk about what adults in their lives do for balance. “What do you notice about your parents/guardians’ or teachers’ routines? How does this impact you?”
- **Plan a Healthy Day that has variety and balance:** Students draw or describe a “balanced” school day that includes learning, rest, fun, and connection.
 - Use Live Your Why to get ideas for different types of leisure/wellness themes and benefits.