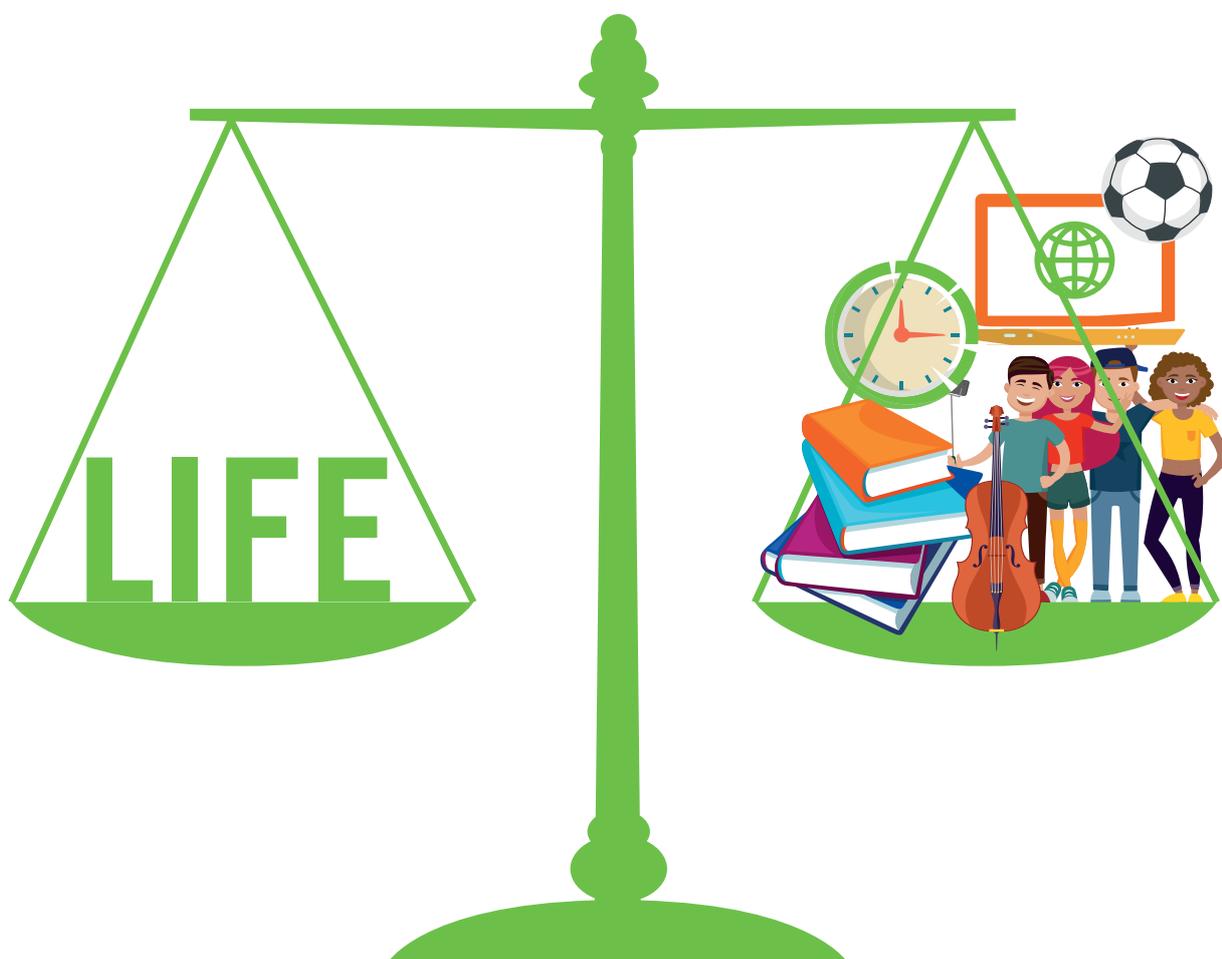


# MY BALANCED LIFE LESSON PLAN



## MY BALANCED LIFE - LESSON PLAN

LESSON TITLE:  
**MY  
BALANCED  
LIFE**

### AIMS

This lesson will:



- Reflect on important aspects of the student's life and explore if they are living a well 'balanced' life.
- Reflect on areas that the students want to change/enhance in their life in order to become happier and more successful.
- Reflect on **why** aspects of their life are going well or need more attention and **how** they can be improved.

### OUTCOMES



At the end of this lesson students will be able to:

- Identify which areas in their life that are off balance.
- Identify how satisfied they are in each aspect of their life.
- Identify areas that they want to change or enhance in their life in order to become happier and more successful.

### LINKS TO JUNIOR CYCLE KEY SKILLS

- Communicating (listening and expressing myself, discussing and debating, using language).
- Managing myself (knowing myself, making considered decisions, using digital technology to manage myself and my learning).
- Staying well (being healthy, being social, being safe, being responsible).
- Being creative (exploring options and alternatives, implementing ideas and taking actions).
- Working with others (learning with others, respecting difference, developing good relationships, co-operating).
- Managing information and thinking (gathering and recording information, being curious, thinking critically, using digital technology to access, manage and share knowledge)

### LINKS TO JUNIOR CYCLE STATEMENTS OF LEARNING

In this lesson students will

- Take action to safeguard and promote her/his wellbeing and that of others.
- Value what it means to be an active citizen, with rights and responsibilities in local and wider contexts.
- Bring an idea from conception to realisation.

**MY BALANCED LIFE - LESSON PLAN**

**LINKS TO WHOLE SCHOOL GUIDANCE**



**Developing Myself**

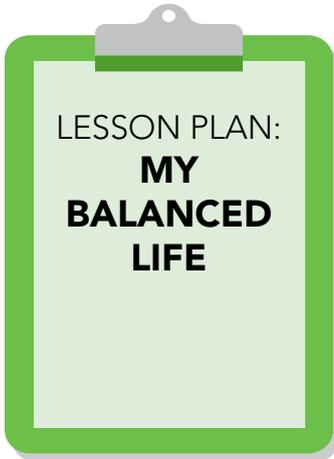
In this lesson students will

- Develop & maintain self-esteem & a positive self-concept.
- Interact effectively with others.
- Develop & grow throughout life.
- Students will be able to identify and describe their personal qualities, attitudes and strengths, interests and how they influence behaviour.
- Students will be able to demonstrate effective social skills when cooperating, collaborating & negotiating with peers and teacher.
- Students will be able to participate in a range of activities & tasks to enhance emotional, social, cognitive & physical development.
- Ask for help when required.

**Developing My Learning:**

- Recognise the importance of learning for achieving educational & career goals.

## MY BALANCED LIFE - LESSON PLAN



### MATERIALS NEEDED FOR THIS LESSON

#### BY TEACHER

- PowerPoint
- Worksheets

#### BY STUDENTS

- Worksheets

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### OPENING 'THE HOOK'



Ask the students to discuss the concept of a 'balanced life' with the person beside them and explore whether or not they feel like they live a balanced life.

**MY BALANCED LIFE - LESSON PLAN**

**BODY OF LESSON**

**TEACHER  
ACTIVITIES**

**STUDENT  
ACTIVITIES**

<p>After students have examined the concept of a 'balanced life' with their partner the teacher puts up the pdf slide: "Did you Know: Rarely do students, or anyone for that matter take sufficient time out of their day to step back and assess the broader picture of their lives" and asks the students if they agree or disagree with this statement.</p>	<p>Students enter classroom discussion on whether they agree/disagree with this statement.</p> <p>Students respond to this statement in a classroom discussion.</p>
<p>Teacher defines "balanced life". Definition available on the pdf presentation.</p>	
<p>Teacher introduces students to the "Wheel of Life" exercise. Teacher explains that this is a great tool to help students to understand which areas of their lives they might need to work on - and which they are already happy with.</p>	
<p>Teacher demonstrates example of Wheel of Life exercise and then asks students to complete their own (see worksheet).</p>	<p>Students complete Wheel of Life exercise and reflect on this exercise.</p>
	<p>Students reflect on one area of their lives they could improve (worksheet).</p>

**CONSOLIDATION OF LEARNING**

Finally, the teacher re-examines the lesson's aims.

