



*A PK-6 Lesson on Managing Time, Protecting Energy,
and Enjoying Life Along the Way*



Introduction for the Facilitator

This lesson introduces students to the professional skill of **work-life balance**, defined as the ability to manage schoolwork, responsibilities, and fun in a way that keeps the mind clear, the body energized, and the heart happy.

In simple terms for PK-6 students, this means understanding that **rest and play are just as important as focus and effort**. It means learning how to listen to our needs, set boundaries, and make choices that support both our goals and our well-being.

Work-life balance builds a student's **personal competitive advantage** by helping them grow strong habits for time management, self-awareness, and long-term success without burnout. It also helps them shape a **lifestyle** where there's space for learning, laughing, creating, relaxing, and connecting with others.

This lesson includes:

- **A Social Story that makes balance feel achievable**
- **8 Group Discussion Questions with follow-ups**
- **8 Journal Prompts (draw or write)**
- **10 classroom Activities that help students practice healthy balance**
- **A printable Worksheet to help students build a daily rhythm that supports success and joy**

Let's help students discover that a well-balanced life gives them more strength—not less.

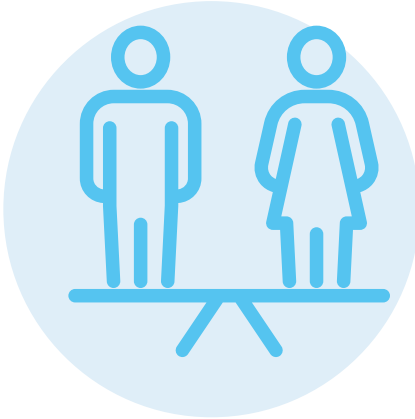


Social Story: *Josie Learns to Pause*

Josie loved doing her best. She finished her work early, helped her classmates, and even stayed in from recess to color neatly. But lately, she felt tired...like her brain was a balloon that had lost some air.

One day, Mr. Taylor asked, “Josie, when’s the last time you just played for fun?”

She paused. “I’m not sure.”



That afternoon, Mr. Taylor led a class conversation about **work-life balance**. “Working hard is great,” he said. “But we also need time to rest, play, and connect. That’s how we grow without burning out.”

Josie nodded. She started making small changes like taking brain breaks, saying yes to recess, and reading just for fun.

After one week, she noticed something big: she smiled more. Her energy came back. And when it was time to focus, her brain was ready again.

That’s when Josie realized that **balance didn’t mean doing less—it meant doing what helped her thrive**.

Work-life balance became part of her **personal competitive advantage**. It helped her live the **lifestyle** she wanted: focused, joyful, healthy, and full of small moments that made life better.



Group Discussion Questions

- 1. What does work-life balance mean to you?**
Follow-up: Why is it important to balance effort and rest?
- 2. What happens when we work too much without breaks?**
Follow-up: How does your body or brain feel when you’re overworked?
- 3. What kinds of things help your mind and body feel rested and happy?**
Follow-up: What’s one you could do more often?
- 4. How can we make time for both learning and fun?**
Follow-up: What’s one way your day could feel more balanced?
- 5. What are signs you might need a break?**
Follow-up: What’s a healthy way to pause and recharge?
- 6. Why is taking care of yourself important for doing your best?**
Follow-up: How can balance help you be a better friend, learner, or leader?
- 7. How does work-life balance help grow your personal competitive advantage?**
Follow-up: What habit helps you feel your best every day?
- 8. What kind of lifestyle do you want to live?**
Follow-up: How can finding balance help you build that life?



Journal Prompts

(Students can write or draw their answers based on age and ability.)

1. **Draw or write about a time you felt calm, happy, and balanced. What were you doing?**
2. **What helps you know when it's time for a break?**
3. **Describe your perfect day. How would you balance learning and fun?**
4. **What do you like to do when you want to relax or recharge?**
5. **If work-life balance were your superpower, what would your superhero name be? How would you save the world?**
6. **What's one small thing you can do to make your day feel more balanced?**
7. **How does taking care of yourself help you do better at school or with friends?**
8. **How does work-life balance help grow your personal competitive advantage?**



Activities

1. **My Day Balance Chart**
Students split their day into "focus time," "fun time," and "rest time." Then reflect: Is anything missing?
2. **Brain Break Toolbox**
As a class, build a list of healthy breaks like stretching, water, doodling, deep breathing, short walks, etc.
3. **Balance Check-In Circles**
During morning meetings, ask students to share how balanced they feel today: "Empty cup," "Half-full," or "Ready to go!"
4. **The Busy Bee vs. Calm Cat Roleplay**
Act out two characters: one who never pauses, and one who knows when to slow down. Reflect on what each needs.
5. **Wellness Bingo**
Create a bingo board with balance-focused activities: "Took a break," "Read for fun," "Had a laugh," "Went outside," etc.
6. **Design a Chill Zone**
Students draw or describe their dream calm-down space (real or imaginary).
7. **Time Pie Activity**
Students create a pie chart of how they spent yesterday's time. Color in focus, play, rest, etc. Then discuss what felt good.
8. **Your Ideal Daily Routine**
Students build a dream routine with a mix of learning, play, connection, and care.
9. **Classroom Recharge Station**
Set up a space where students can reset for a few minutes during the day with fidget spinners, quiet books, art tools, or timers.
10. **Work-Life Balance Superhero**
Create a superhero with balance-based powers: "Break-Time Beam," "Focus Field," or "Kind-Reminder Cape."



My Balance Builder

Name: _____

Helpful Words:

- **Work-Life Balance** = making time for both responsibilities and rest
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Write or draw your answers. Balance helps your brain, heart, and body work their best!

Use the back of this sheet if you need more space.

1. One thing I do to take care of myself is:

2. Something I love to do when I'm not working is:

3. When I feel overwhelmed, I can:

4. A balanced day for me would look like this:

5. My Work-Life Balance Superpower helps me do these things:

6. Balancing my work and fun helps me grow my personal competitive advantage by:

7. This is how balance helps me live the lifestyle I want: