Career Life Conections, Grade 11 – Health and Well Being

**Overview/Rationale:**

Understanding where our time and energies are allocated and how to balance this is key to stress management/health and well-being

|  |  |
| --- | --- |
| **Big Ideas** |  |
| **Curricular Competencies** |  |
| **Content** |  |

**Materials/Links:**

Balance Wheels – sample and blank copies

**Activity:**

* Invite students via myBlueprint to complete their own Life Balance Wheel
* Have them scan their version and submit as media with a reflection about how they feel about their current balance, as well as comments about how they will be adding things to their wheel as they get busier - closer to graduation, getting a job and planning for Post Secondary? Where will the time come out of in their ‘pie’?