

# A Day in the Life



Concept  
Mindset



Length  
20-30 Minutes

## Inquiry Prompts

- Why is it important to make sure you don't get too stressed out?
- How do you make sure your priorities get done while finding time for the activities you do just for yourself?
- How much of a say do you have in the responsibilities you have?
- What roles would you like to add or drop from your responsibilities if you could? Why?

## Instructions

Students write a story about how they would juggle some activities and responsibilities. Choosing elements from a pool of prompts, students craft a tale that shows they know how to prioritize while using their imagination to save the world!

- 1 Give each student a copy of the [A Day in the Life story sheet](#).
- 2 As students create their story, they choose prompts from a pool that guide their writing. One prompt is a responsibility that is a priority to get done. Then, they're free to choose some other activities and responsibilities to prioritize. Then, just when they think they have a handle on things, they're called to play the most important role of their lives!
- 3 Ask students to read their stories and remark on how they juggled the more realistic elements of their roles.

**Message for students:** Okay, maybe you won't be responsible for saving the world (just yet). But learning to balance all of your responsibilities is a superpower that will help you now and in the future!

## Materials Required

- [A Day in the Life Story sheet](#)
- Pencils, colored pencils, or markers
- Computers (table, phone) with Internet access (if you want students to upload artifacts)

## Artifacts

Students can upload their **A Day in a Life** stories to **Storyboard**, where they can reflect on the challenges they have balancing their current responsibilities, and predict what challenges they might face in the future with balancing their roles.

# A Day in the Life

## Top Priorities

- Go to school
- Do my homework
- Work on a group project
- Clean my room
- Eat dinner with my family
- Set the table
- Take out the trash
- Go to the dentist

## Extra Activities

- Make my bed
- Walk the dog
- Go to soccer practice
- Go to dance class
- Visit my favorite relative
- Go to my friend's birthday party
- Practice playing the piano
- Watch my favorite show
- Play video games

## Sudden Events

- Aliens have landed
- There's a total power outage
- It's actually raining cats and dogs
- Every adult has disappeared
- Time has stopped
- I can hear animals talk
- I'm invisible

It began as a normal day. I knew I *had to* \_\_\_\_\_ . But I

Pick one prompt from the Top Priorities

also wanted to \_\_\_\_\_. Here's how I fit it all in:

Pick one prompt from the Extra Activities

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Phewf! I tackled my top priorities with time to spare for other activities. I was

minding my own business, when I suddenly noticed that \_\_\_\_\_

Pick one prompt from Sudden Events

\_\_\_\_\_! I had to act fast. So, I \_\_\_\_\_

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Name: \_\_\_\_\_