

Name: _____

Choose one of the three situations below and draw a comic strip with five frames.

Frame 1: Illustrate how the person feels.
Frame 2: Illustrate the person's poor response before thinking.
Frame 3: Illustrate how the person calms down.
Frame 4: Illustrate the person's action once he or she is calm and thinking the situation through.
Frame 5: Illustrate how the person feels after responding appropriately to the situation.

Situations:

- George has what his mother calls “a short fuse.” He gets angry easily and often does something that causes him to get in trouble. One day last week, George came home to find Eric, his younger brother, playing with his Space Wars collection. George could feel his stomach tighten and his hands forming into fists. He was so angry that he wasn't sure what he would do.
- Malik couldn't stand it any longer. Deepak had been teasing him about his new haircut for days and he felt like he was going to explode. He could feel his jaw tighten when he saw Deepak coming around the corner. It seemed like his face was heating up and his heart was beating like a drum. He had to put an end to this now!
- Kree and Cara had been friends since first grade. Lately though, Kree had started hanging out with Sal, and Cara was not only feeling left out, she felt angry that Kree would abandon her. Every time she saw Kree and Sal she felt like running away. Her chest hurt and she felt like crying. She just couldn't take it anymore. It was time to do something about it.

When you are finished your comic strip, think about how you might have reacted in this situation before you calmed down and then after you took time to pause and think.

Name: _____

1. Before I listen, I get ready by _____

2. While I am listening, I help myself pay attention and remember what I hear by

3. After I listen, I show appreciation to the presenter by

Presenter's Name	Topic	Message (an important idea I learned from the presentation)

Read the following situation in your group and discuss this person's life balance. What problems can you foresee if she continues this way?

Kerry is one of those people who wants to be everybody's best friend. She is kind, caring, and a great listener. Unfortunately, two of her good friends are not getting along at all and Kerry feels stuck in the middle. If she sides with one, she may lose the other. It is bothering her so much that she can't sleep. If only they could just get along. Then she could be friends with everybody again!

Read the following situation in your group and discuss this person's life balance. What problems can you foresee if he continues this way?

Jamal is really good at video games. He has achieved level 5 in Space-Crash and none of his friends are even close to that. He is even two levels higher than his brother, who is three years older and always wins at everything. He really wants to get to level 8 so he spends all of his spare time before school, after school, and even under his covers in bed (his mom doesn't know) playing the game. If he can get to level 8 he will be a Champion!

Read the following situation in your group and discuss this person's life balance. What problems can you foresee if she continues this way?

Kayla has made it to the school finals in the "Go to the Top Spelling Challenge." This is the first time that she has been in the finals for anything and her mom and dad are so proud. Getting to the finals was easy but to make it to the next level she will really have to practise, practise, practise! That means going online every night and looking up words and memorizing the different meanings and spellings. Her friend Lorena has invited her to a birthday party this weekend but she told her she couldn't go. She has to make the school board team, or everybody will be disappointed. No, for Kayla there is only time to work!

Read the following situation in your group and discuss this person's life balance. What problems can you foresee if he continues this way?

Mikhail just wants everybody to leave him alone. He needs to concentrate on his dance. He knows he is good, but he wants to be better. At 12 years old, he actually has a chance to audition for a major theatre production, and nothing was going to get in his way! He isn't hungry, he isn't thirsty, he doesn't want to go to the museum or the pool or anywhere else that his dance troupe leader wants everyone to go. He really wants to ace the audition and he just wishes everyone would leave him alone!

Dear Parents/Caregivers,

We have been reading an engaging text called *Sink or Swim* by Marty Chan. Among other things, this text helps us to learn the importance of “balance” in our lives.

In our work with the text, students have had the opportunity to consider how balanced their day-to-day routines are when it comes to factors like eating habits, sleep time, exercise, media time, and so on. As a frame of reference, experts suggest that kids spend no more than two hours of screen time per day and that they balance that with at least 60 minutes of physical exercise every day.

Easy Action Ideas

- Add music to daily chores such as the dishes, tidying up, and taking out the garbage. Dance your way through them!
- Build a snowman, set up a back yard obstacle course, or challenge your child to a race up the stairs.

Moderate Media

In today’s world, kids and adults alike are connected to some form of media for large portions of their day. As parents and caregivers, we need to know what media kids are using, how much time they spend on them, and who they are connecting to. Here are some ways to help your child enjoy media in a balanced and healthy way.

- Play a video game with your child so that you know the content, their level of involvement and how much time they are spending with it.
- Listen to the music your child listens to. Talk about the ideas expressed in it.
- When using the computer, explore websites together. Teach the importance of never sharing any personal information, never befriending someone they haven’t met face to face, and letting you know if they ever feel threatened or see something online that upsets them.
- Set up cellphone and texting rules together.
- Discuss cyberbullying and remind your child to think of it as if the person were standing right in front of them. It is easy to put someone down when you can’t see them or hear any response. A guideline is to ask yourself the following question before writing anything in a message: How would I feel if I received this?
- Remind each other that “play” refers to outdoor active fun too, not just onscreen games.

Thank you for your interest!

Sincerely,