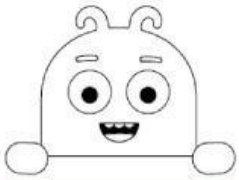
common sense education

GRADE 5: FINDING MY MEDIA BALANCE

My Media Plan

NAME

DATE



Directions

Think about which media and non-media choices help you feel healthy and balanced. Then, use the chart below to plan out your perfect day. For each choice, fill out the "What?," "When?," and "How Much?" columns. You can include more than one activity in each row — just draw in the lines yourself!

	What? (description of the activity)	When? (time of day or activity that happens at the same time)	How Much? (number of minutes or hours)
Morning			
Day			
Afternoon/ Evening			
Night			

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LIVEWORKSHEETS

My Media Plan

NAME

DATE

Reflection questions

1. How would your plan help you feel healthy and balanced?

2. Would it still work if you had to do it every day for a week? Why, or why not?

3. What changes would you make if you were planning for a week? What would you add more or less of?

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LIVEWORKSHEETS