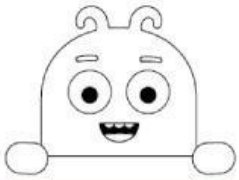
common sense education

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 | | | |



commonsense.org/education
Shareable with attribution for noncommercial use. Remixing is permitted.



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?



commonsense.org/education
Shareable with attribution for noncommercial use. Remixing is permitted.



LIVEWORKSHEETS