



Work Life Balance: Classroom Lesson Plan

Lesson Topic:

Work Life Balance

Lesson Objective:

Students will be able to list the important parts of their lives and rank them in priority order.

Materials:

- Writing utensils
- Copies of **The Parts of My Life**, one per student
- Whiteboard or overhead
- Projector or other method to watch the video

Advanced Preparation:

- Preview the [video](#) before sharing it with your students [3:02].
- Write the quotes from the Warm-up Activity on the whiteboard or overhead.
- Make copies of **The Parts of My Life** worksheet, enough for one per student.

Warm-up Activity:

1. Before the beginning of the lesson, write the following quotes on the whiteboard or overhead.

- “Balance means making choices and enjoying those choices.” –Betsy Jacobson
 - “Don’t confuse having a career with having a life.” –Hillary Clinton
 - “You can’t have everything you want, but you can have the things that really matter to you.” –Marissa Mayer
2. Give students a few minutes to read and think about the quotes written on the whiteboard or overhead.
 3. Working one quote at a time, allow students to briefly chat with a partner about the quote’s meaning. Then bring the class together to discuss the students’ thoughts.
 4. After the class has had a chance to discuss all three quotes, ask, “What do all of these quotes have in common?”
 5. Guide the students to the understanding that all of these quotes deal with making choices about the types of things you want to do in your life and setting your own priorities.
 6. Introduce the term “work life balance” including a basic definition such as, “Having a good, sustainable mixture of work or career tasks and personal time.”

View the Video: “Work Life Balance”

1. Tell students they will be watching the video titled, “Work Life Balance”.
2. Explain that the video presents role models describing the importance of work life balance and providing tips to help maintain this balance.
3. View the video together. Invite students to formulate questions or comments about the ideas discussed in the video and to be



prepared to discuss these after viewing the video.

Video Follow-up:

1. Ask students to offer their questions, comments, reactions, and responses to the video.
2. Direct students to review the quotes from the warm-up activity. Ask, "Do any of those quotes relate to work life balance? If so, how?"
3. Allow students to briefly chat with a partner. Then bring the class together to discuss their thoughts.
4. Tell students that an important step to creating a healthy work life balance is to identify the things that you want in your life and prioritize them.
5. Distribute **The Parts of My Life** worksheet, one per student.
6. Direct students to work independently to complete **The Parts of My Life** worksheet. Circulate to assist as necessary.
7. If any students would like to share their priority lists, allow a few to do so.
8. Use some or all of the following questions to close the lesson:
 - How can understanding your priorities help you achieve a healthy work life balance?
 - Why might ordering your priorities from most to least important be helpful?
 - Do you think your priorities will change or shift over time? Why or why not?
 - Will you always have enough time to do everything you want to do? Why or why not?



9. End by reminding students that achieving and maintaining a healthy work life balance isn't easy. But it is a critical step towards feeling happy and fulfilled.
10. Encourage students to share their priority list with family members and friends and ask what they do to maintain a healthy work life balance.



Extension Activities:

1. Use the "Related Questions to Explore" as discussion springboards or writing prompts to help students further explore work life balance.

Related Questions to Explore:

- How would you describe work life balance to a Kindergartener?
- Why is work life balance so important? What might happen if you don't have a healthy work life balance?
- Think of someone in your life that has a healthy work life balance. How can you tell?
- Are there times in life where it might be easier to have a healthy work life balance? Times where it might be harder? Why?
- What tips or tricks would you give to a friend that was struggling to maintain a healthy work life balance?



The Parts of My Life

We all need different things in our lives. Maybe you don't feel your best if you don't have time to play soccer after school or perhaps you need at least a few hours to read your favorite books each week. Whatever it is, it's important to think about these things and plan to include them in your life.

Answer the questions below to identify your priorities, or the things that are important to you, and then rank them in order of their importance. Finally, answer the questions at the bottom of the page.

List all the important parts of your life. *For example, you might list things like school, family time, after-school sports, or your favorite hobbies.*

Look at your list from the last question. Order the parts of your life that you listed from most important to least important. *For example, if spending time with your family is the most important thing to you, you will write that next to number one.*

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |



1. Are the things you love already prioritized in your life in the order you listed above? Explain your answer.

2. Now that you have thought about your priorities, what changes might you make to ensure you are achieving the best work life balance for you?



Ideas for Future Lessons/Activities Related to Work Life Balance:

1. Setting Boundaries for Healthy Work Life Balance
2. Time Management and Efficiency: Finding More Time in Your Day
3. Setting Goals Can Help You Do It All: Work Life Balance Through Goal Setting
4. Discovering the Benefits of Mindfulness and Meditation
5. Interviewing Others: How Do You Prioritize a Healthy Work Life Balance?
6. Everyone Needs a Hobby: Discover Your New Favorite Activity
7. Seasons of Our Lives: Looking at the Bigger Picture