Name:_____ Date:_____

LC: Can I recognise why rationing time spent online is good for my mental health and well-being and that too much time online can affect this?

My Balanced Day

Use this sheet to show some of the activities that you can do to create a balance in your day. Draw a picture of yourself in the middle box and pictures of you doing activities in the surrounding boxes to create a balanced day. On the lines in each box, write a sentence about what you are doing in the picture.

Top Tips