

Harrison Prep's Learner Profile Trait for September: Balanced



We understand the importance of balancing different aspects of our lives - intellectual, physical, and emotional - to achieve well-being for ourselves and others. We recognize our interdependence with other people and with the world in which we live.

@HOME connection	@HOME student connection
<p>How can adults help to develop students who are well BALANCED at home?</p> <ul style="list-style-type: none"> • Encourage your student to participate in a wide variety of structured activities. • Discuss the food groups with your student. Spend a few minutes during a mealtime deciding if what your family is eating is balanced. • Role model this attribute. Spend time as a parent or family doing many different things. • Review your student's agenda and discuss prioritizing activities and time-management techniques. • There are many ways that we can adjust our lives to be more aware of balance. We invite you to look for one way this month. 	<ul style="list-style-type: none"> • Take a personal inventory about how you spend your time. If you want to map it out, think about each day (24 hours) and how you spend it—sleeping, eating, homework, school/work, exercise, watching TV, etc. You might be surprised by how much time you spend in certain areas. • If you want to be more balanced, where can you be more creative? When can you be more active? • Where is there time to spend in challenging your mental capacity—maybe learning something new? • Maybe you need to have more time with your family?