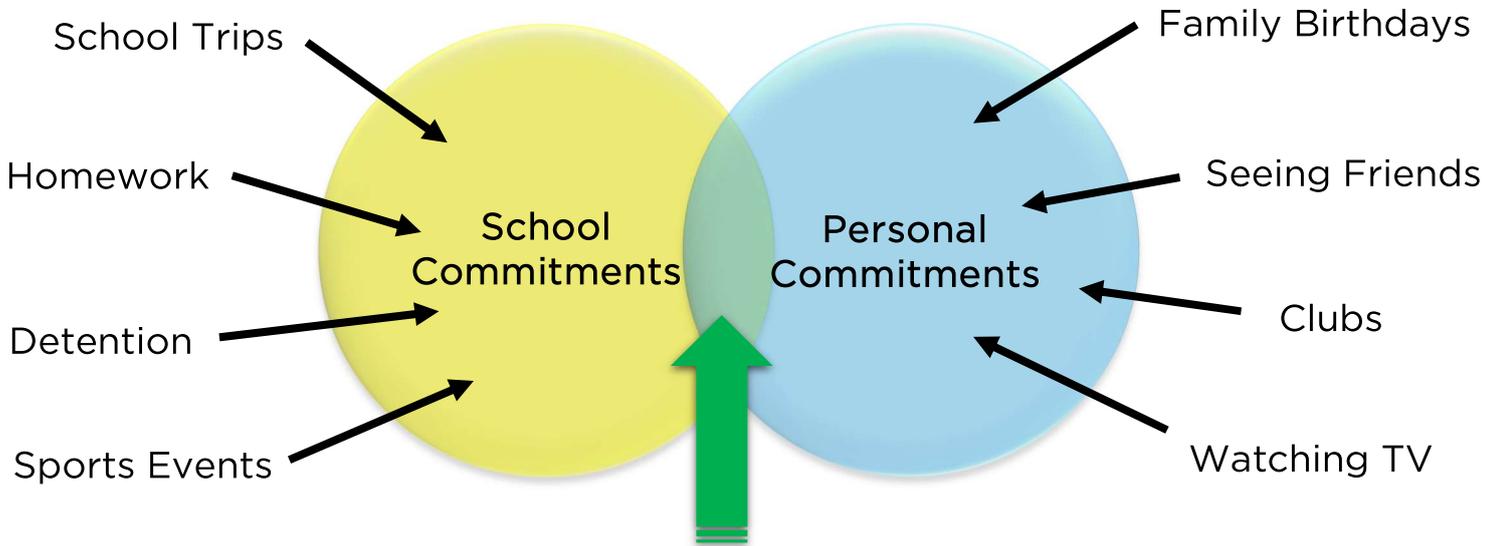




One of the skills we need to practice when we go to secondary school is learning to balance our different commitments.

There will be things that we need to do for school (called school commitments), and things that we would like to do with friends and family (called personal commitments).



Sometimes our commitments will overlap. They will take place at the same time and we will need to make choices as to which we do.

One way to help us manage all these different commitments we might have, is to plan our weeks. When you go to secondary school, you might get a planner - this is a helpful place to keep track of all the homework you have.

On the next page, you will find a weekly planner. Can fit the following tasks into the planner so that you can do everything that you need to, and it all fits together?

Guitar Lesson Saturday Afternoon	Detention Wednesday	Scouts Friday	Granny's 80 <sup>th</sup> Birthday Party Sunday Morning	Cinema Anytime Saturday	English Home-work By Friday
Maths Home-work By Tuesday	Science Home-work By Thursday	Watch TV Anytime Sunday	Swimming Lesson Sunday Afternoon	Have a lie in Anytime Saturday	



Only one task can go into each space and nothing else can be done during the time you are at school. Can you get everything done in time?

<b>Sunday</b>			
<b>Saturday</b>			
<b>Friday</b>	<b>SCHOOL</b>	<b>SCHOOL</b>	
<b>Thursday</b>	<b>SCHOOL</b>	<b>SCHOOL</b>	
<b>Wednesday</b>	<b>SCHOOL</b>	<b>SCHOOL</b>	
<b>Tuesday</b>	<b>SCHOOL</b>	<b>SCHOOL</b>	
<b>Monday</b>	<b>SCHOOL</b>	<b>SCHOOL</b>	
	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>



Sometimes as a result of the action or decisions that we make, there are consequences. Consequences can be positive or negative, depending on the decisions and actions we make.

What could be the consequence of not doing homework?

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What could be the consequence of being helpful to your teachers?

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What could be the consequence of spending time with your friends?

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What can you do to help you manage your school work, but also have time to spend with your friends and family?

1. 

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2. 

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3. 

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4. 

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Remember all our actions have consequences. Think about what you need to do for school and be organised in doing your homework. But also make sure that you make time to relax with your family and friends.

