

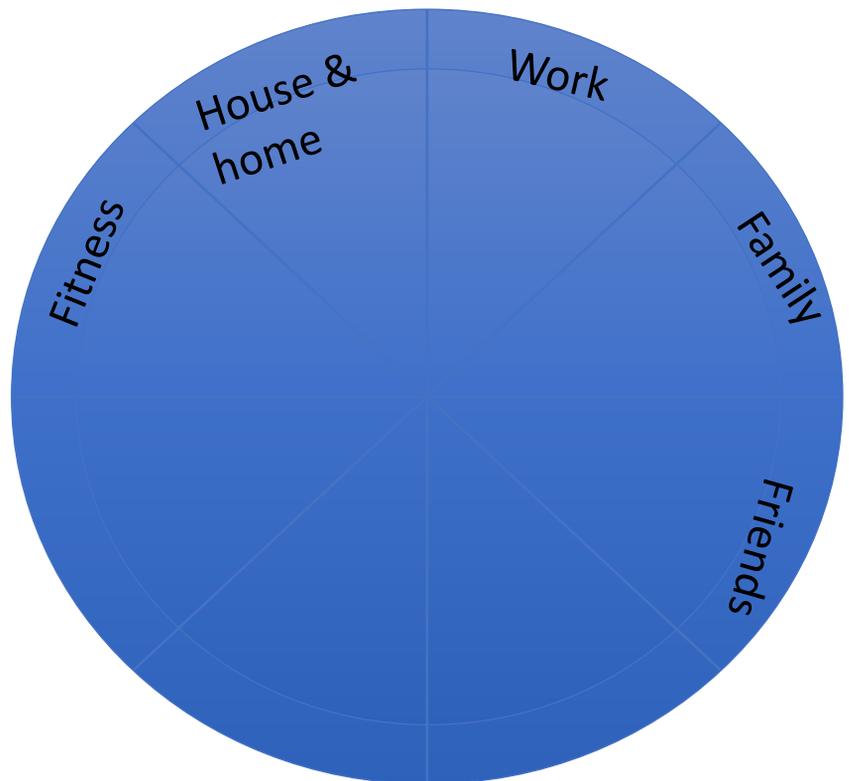
Activity 1

There are lots of things that we need to balance in our lives and a great place to start is by thinking about all of the things that are important. Draw a circle and then divide it into as many sections as you need for the things that are important to you.

Now give each section a score from 1 – 10 on how much time you spend on it/how important it is to you.

1 is the lowest score – you spend very little time/it is not that important.

10 is the highest.



Activity 2

Think about the areas that you scored 5 or below and set yourself some goals to help improve your score in this area. For example, if you scored 4 for fitness you could commit to going for a short walk every day.

Things I will improve

Now think about the rewards you will get from this. For example, if I go for a walk every day then I will become healthier and it also gives me time away from my screen.

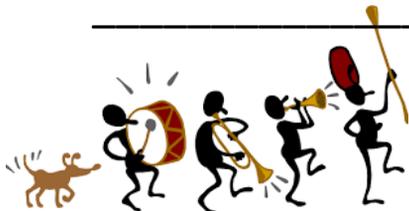


Activity 3

Now think about songs that you have heard that have lyrics that relate to life.

Can you remember any of them? For example, “I’ve had the time of my life”.

What do you think that these words mean?



Activity 4

Now it is your turn, write and perform a song or piece of music about your life. You could think about the things that make you happy, the things that inspire you.

Use things around your house to perform your song (don’t forget to record it).

Can you get members of your family to perform as backing singers?

For those of you who have access to a computer then why not check out www.musiclab.chromeexperiments.com and record your own track.

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