

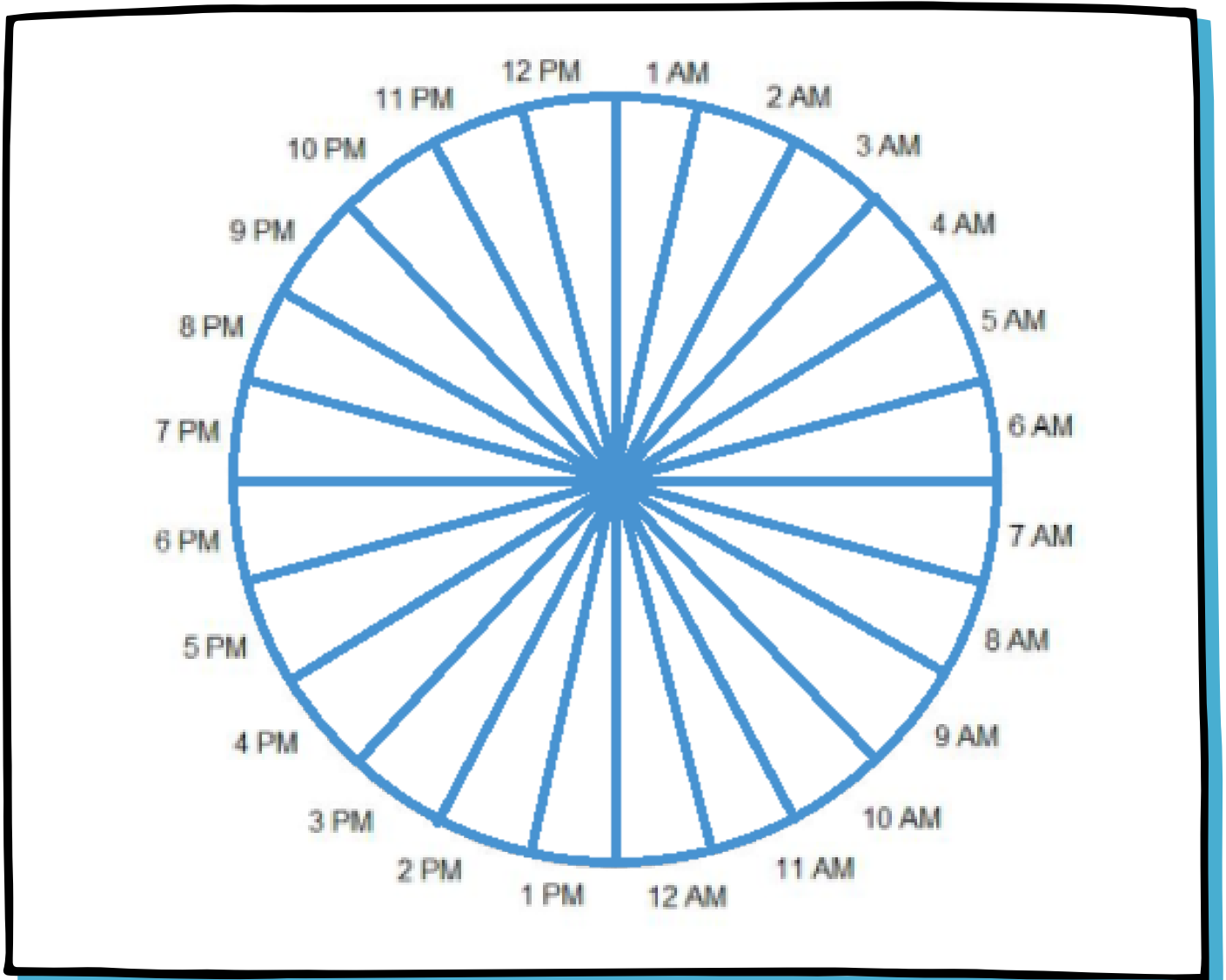


Name _____ Date _____

MY WHEEL OF LIFE

Colour in the Wheel below to show how much time you spend doing all the things you need to do in a day.

What don't you have time for?
What are you missing out on?



THINGS TO INCLUDE IN YOUR DAY

- Sleep
- School
- Homework
- Play
- Exercise
- Hobbies
- Art & crafts
- Meals
- Fun screen time
- Wash & Brush teeth
- Do chores
- Look after pets
- Hug mom and dad