**Stress and Time Management Leadership Balancing Act**

**Leadership Goals:** Youth will better understand the impact of planning and efficient use of time in personal and leadership situations.

**Learner Objectives:**

Youth will:

• Access how much time they spend in structured and unstructured activities.

• Explore ways to successfully balance commitments and activities in their lives.

**Lesson Plan:**

1. Each youth should locate a partner. Give each pair several long, skinny balloons to inflate. Ask pairs to brainstorm all the leadership activities that they participate in each night of the week and write each one on balloon with a permanent marker. For example, sports practice, youth meeting, religious youth group, going to the movies with friends, etc.

2. Have pairs select a Partner A and a Partner B. Partner A will begin by handing balloons one at a time to Partner B. Partner B will hold all the balloons that represent structured activities (like school or youth organization event) in their right hand and all the unstructured activities (like playing video games with friends) in their left hand. If the youth has their activities balanced between structured and unstructured activities they should be able to balance the balloons.

3. Repeat the activity so that Partner B is handing balloons to Partner A.

4. Poll the youth to seen if most young people had balloons in their left or right hand and if they were able to manage or “balance” all their structured and unstructured commitments represented by balloons.

Reflection Questions:

• On a scale from 1 (not busy and not very structured), 5 (just right balance of business and structured and unstructured activities) 10 (very busy, unbalanced and very structured), how would you rate the balance in your life? Explain.

• Is it easier to have negative life impacts if you are too busy or if you haven’t enough to do? Why?

• Would you like for your life to be more balanced? Why or Why not?

• How can you manage your schedule and commitments more successfully? How can you get your life more balanced?

Adapted by Annie Hobson, UW-Extension 4-H Youth Development Educator; Buffalo County, WI; February 2008 from *Building Assets Together* by Jolene Roehlkepartain.