

Learner sheets, My Day, My Plan

Sheet A, my day strip

One copy per girl

Name: _____ Date: _____

Draw or write your day in order, from waking up to going to sleep. Four boxes is enough. Six is fine too.

1 first

2 next

3 next

4 next

5 next

6 last

Now circle the boxes where you decide something. Even a small part counts. One circle is enough.

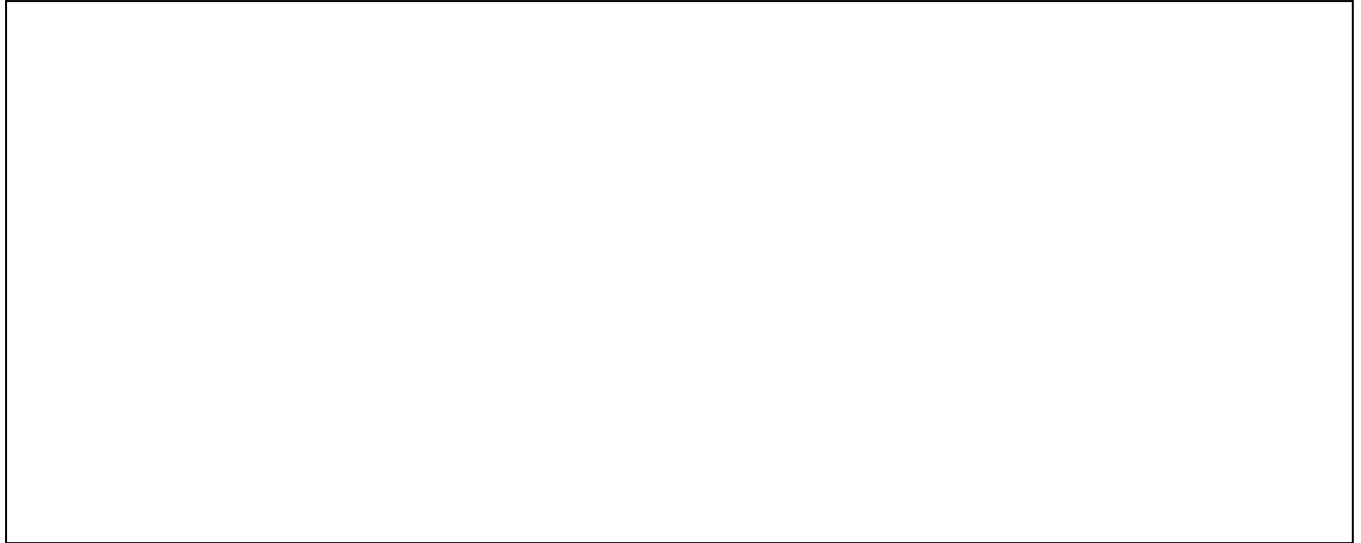
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Sheet B, one thing I decide

One copy per girl

Name: _____ Date: _____

One small thing I will decide tomorrow. Draw it, or write it.



In words, if you want them:

When will you decide it?

One person who could help me, if I need help:

You may write "nobody, I can do this one".

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Sheet C, change one thing (60 minutes only)

One copy per girl

Name: _____ Date: _____

Print only for 60 minutes. Not needed for a 30 or 45 minute session.

Draw your day again. This time change one thing. Swap two boxes around, or add something you would like in your day.

1 first

2 next

3 next

4 next

5 next

6 last

What did you change?

What would have to be true for that change to happen?

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