

Run sheet, My Day, My Plan

Goal. Every girl puts her own day in order and names one thing she decides herself.

Before you start

- At each place: Sheet A, Sheet B, a pencil or one between two. Sheet C only for 60.
- **"Decide" means something small and safe, never going against the adults at home.**

The clock, 45 minutes

- 0 to 7 min: what happens in a day
- 7 to 21 min: draw my day strip
- 21 to 29 min: mark what I decide
- 29 to 38 min: one decision for tomorrow
- 38 to 45 min: share and close

Run 45 if you can. In 30: 0 to 5, 5 to 15, 15 to 20, 20 to 26, 26 to 30. In 60: 0 to 8, 8 to 23, 23 to 32, 32 to 42, 42 to 60, where the last stretch adds Sheet C. Shorten the middle, never the close.

What you do

1. Draw three boxes: morning, middle of the day, evening. Ask what happens in a day.
2. Take about eight answers and put each in a box. Take whatever they give you.
3. Do not steer them towards school, towards play, or towards any one kind of day.
4. Say: "Every day in this room is different, and every one of them is a real day."
5. Hand out Sheet A. Each girl fills the boxes with her own day, waking to sleeping.
6. Ask "what happens next?", never "is that all?" Four filled boxes is a finished strip.
7. If she is stuck on the order, compare two boxes only: "which comes first, this or this?"
8. Give one example from this room: "Today you decided where to sit. That one was yours."
9. Each girl circles the boxes where she decides something. One circle is enough, none is fine.
10. Circled nothing? Ask about small parts: which way she walks, who she walks with.
11. On Sheet B: one small thing she will decide tomorrow, when, and one person who could help.
12. Give three examples aloud, all small and safe. Say: "A small decision counts."
13. Pairs share the strip and the decision, two minutes each way. Then two or three volunteers.
14. Close: "You put your day in order, and you found something that is yours to decide."
15. Let each girl choose to take her sheet home or leave it with you. Do not ask why.

Watch for

1. Every girl has a strip with at least four boxes in an order she can explain.
2. Each girl can point at one circled box and say what she decides there, asked quietly.
3. A girl changes her own strip unasked: reorders a box, adds one, or crosses one out.

What goes wrong most. A girl says she decides nothing at all. Do not argue. Shrink it to this room and this hour, and let it be if she still circles nothing.

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