



Ayansh's Busy Week

Ayansh's week was super busy! He had loads of homework, football practice, and had promised to help his mom clean the garden. By midweek, he felt like there just weren't enough hours in the day!

Seeing him stressed, his dad said, "Ayansh, don't worry — let's make a **plan of action**. It's like being the captain of your own time!"





Ayansh grabbed his notebook and drew three columns:

**Must Do,
Can Wait, and
Fun Time**

He wrote his homework and football practice under “Must Do,” gardening under “Can Wait” for Saturday, and playing video games under “Fun Time.” Each day, he ticked off one task at a time.

By Sunday, everything was done — and Ayansh still had time to relax and play his favourite game!

He learnt that when you plan your time wisely, you can do it all without the stress.

What did Ayansh do?

He made a list, set priorities, and followed his plan step by step — finishing everything calmly and on time!

What about you?

How do you manage your time when your week gets busy?

What helps you stay organized and still have fun?

A. Let’s Plan It Out!

Write down all the things you need to do this week — school, fun, chores, or hobbies.

Which one is your “must-do first” task?

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B. Race Against Time!

How do you feel when you're rushing to finish something?

What's one smart trick you could use to stop that from happening next time?

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C. Balance Like a Pro!

Make a simple time plan for your homework, hobbies, and chill time.

How will you make sure there's room for fun and rest too?

D. Beat the Distraction Monster!

What's one thing that usually distracts you when you're working on something important?

What's your best idea to defeat that distraction and stay focused?





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E. Relax & Recharge!

How can you make sure you still have time to relax, even when your schedule is full?

What's your favourite way to take a short break that recharges your energy?

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F. Mission: Completed!

Write about a time when planning your time helped you finish something well — maybe a project, study goal, or event.

How did it feel to get it done on time?

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G. Talk & Reflect

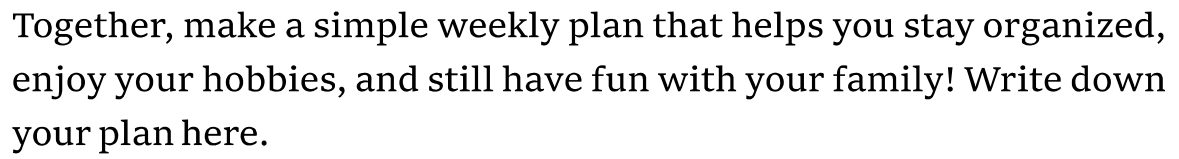


Talk with your parents or guardian about how you can plan your day better when you have many things to do.

Discuss how to balance schoolwork, hobbies, rest, and family time so you don't feel rushed or tired.

Think about when you can spend some quality time together — maybe sharing dinner, watching a movie, or going for a walk.





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