

Lesson plan

2023-1-SK01-KA220-SCH-00015112



Topic	Lifestyle and technology	
Block name	My Balanced Day – A Digital Healthy Lifestyle Plan	
Age category 12-15	Duration 135 min	Number of teaching hours 3
Student-centered educational goals (content and performance standards) Content standard: • understands the importance of balance between school, exercise, rest and free time • understands the concepts: wellbeing, digital hygiene, time management, work-life balance • learns how digital tools can help organize time and lead a healthier lifestyle Performance standard: • can create a digital daily plan in Canva – an infographic or a weekly schedule with elements of a healthy lifestyle • plans realistically – includes learning, exercise, eating, rest and sleep • can present and reflect on their own planning style Integration of subjects: • informatics		

- health education
- civics
- mathematics
- art education

21st century skills:

- Self-reflection and personal wellbeing
- Digital literacy
- Critical thinking and planning
- Creativity and visual communication
- Collaboration and sharing

Teaching aids and teaching techniques:

- Computer/tablet with internet access
- Canva (school or student account)
- Data projector / interactive whiteboard
- Short videos about time management and digital balance
- Canva Sample Templates: Daily Routine Planner, Healthy Habits Tracker
- Colored papers, markers – for creating a design on paper before the digital version

Resources (videos, methodology):

[BBC Ideas – How to Be More Organised in Life](#)

<https://edu.ceskatelevize.cz/hledani?q=hygiena>

Motivational phase:

Length: 20 minutes

Objective: Students will understand the importance of balance between school, exercise, rest, and the digital world.

Introductory activity: The teacher will show a short video

Discussion:

- What does your day usually look like?
- How much time do you spend online – and how much offline?
- Do you ever feel overwhelmed with information or schoolwork?

Motivational task: In pairs, students write down 3 things they would like to improve in their daily routine. For example, more sleep, less phone use in the evening, more exercise, more regular meals.

Exposure phase (discovery):

Length: 90 minutes

Objective: Students will learn to visually plan and balance their day using Canva.

Procedure:

1. Teacher presentation (10 min):
 - Introduction to the principles of time management: prioritization, rest, balance.
 - Sample templates in Canva:



1. Teamwork (60 min):
 - Students work individually or in pairs.
 - Everyone creates a digital daily plan containing:
 - schoolwork
 - movement / sports
 - food and drink regimen

- rest / sleep
- digital detox / offline time
- Students will use Canva to create a clear visualization of their ideal day.
- The teacher helps with the distribution of information, recommends colors (e.g. blue = calm, green = balance, orange = energy).

1. Ongoing reflection (10 min):

- What habits have you added to your day?
- What would you like to improve?
- How can planning help you manage school and free time better?

Fixation phase (fixing and deepening):

Duration: 25 minutes Objective: To consolidate new knowledge and reflect on the benefits of digital planning.

Activities:

- Presentation of outputs (15 min): Each student presents their plan – explaining why they chose a particular structure and colors. The others give positive feedback (What I liked, What I would try differently).
- Discussion (10 min):
 - What digital tools can help you plan better (Google Calendar, Notion, Canva, school apps)?
 - How can you maintain a balance between your "online" and "offline" life?

Student evaluation:

The student's assessment focuses on their ability to realistically plan their daily routine and connect a healthy lifestyle with digital tools. The assessment includes the balance of content, the aesthetics of visual processing in Canva, creativity, and the student's ability to reflect on how digital planning helps them improve the balance between school, free time, and relaxation.

Attachments:

Worksheet: My day – how can I improve it?

1. What does my typical day look like?

Briefly describe your typical daily routine:

2. My strengths

What do I like about my current regimen? 1.

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2.

3.

3. What would I like to improve?

Fill in 3 areas where you would like to make a change:

1.

2.

3.

4. Where can technology help me?

List specific digital tools or apps that can help you organize your time, improve your sleep, health, or learning (e.g. Google Calendar, Notion, Canva, Headspace, Habitica...).

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5. Canva Task - My Balanced Day

Create a visual daily plan or “habit tracker” in Canva that includes:

- time for school
- exercise and healthy eating
- relaxation and sleep

- offline time
- personal goal of the week
- You can display the finished design in class or share it online as inspiration for classmates.

6. Reflections

- What did I learn about myself today?
- How does planning help me feel better?
- What new habits do I want to try this week?

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