



The International Baccalaureate (IB) approach applies ten characteristics to describe an IB learner. As an IB World School, at Blair all students, staff and teachers strive to demonstrate the attributes of Inquirer, Thinker, Caring, Balanced, Knowledgeable, Open Minded, Risk taker, Communicator, Reflective and Principled. Students who are BALANCED are healthy and are aware that eating properly and exercising is important in their lives. They understand it is important to have a balance between the physical and mental aspects of their bodies. They spend time doing many different things.

#### Questions:

- What does it mean to live a balanced life for you?
- What does it mean to have balance in your family?
- How does balance impact our quality of life?
- How does balance impact our societies?
- What are the consequences of a lack of balance?
- What role do humor and flexibility play in seeking balance?
- What changes might I make to achieve greater balance in my life?

#### How can families help develop students who are Balanced at home?

- Create a daily schedule that includes time for schoolwork, outside physical activity, arts and music, rest, balanced meals.
- Allow time for a variety of activities daily with your children (school activities, indoor play, outside play, active play, and quiet activities)
- Model doing a little bit of everything in front of your child: play, learn, exercise, rest, eat healthy foods.
- Praise your child for demonstrating a balance lifestyle.
- Visit many different places to learn: libraries, museums, nature trails and nature preserves, parks, Historical Parks.
- Explore different hobbies: yoga, jogging, knitting, cards, marbles, collecting stickers.