



# BALANCE

I can balance my mind,  
body, heart, and spirit.

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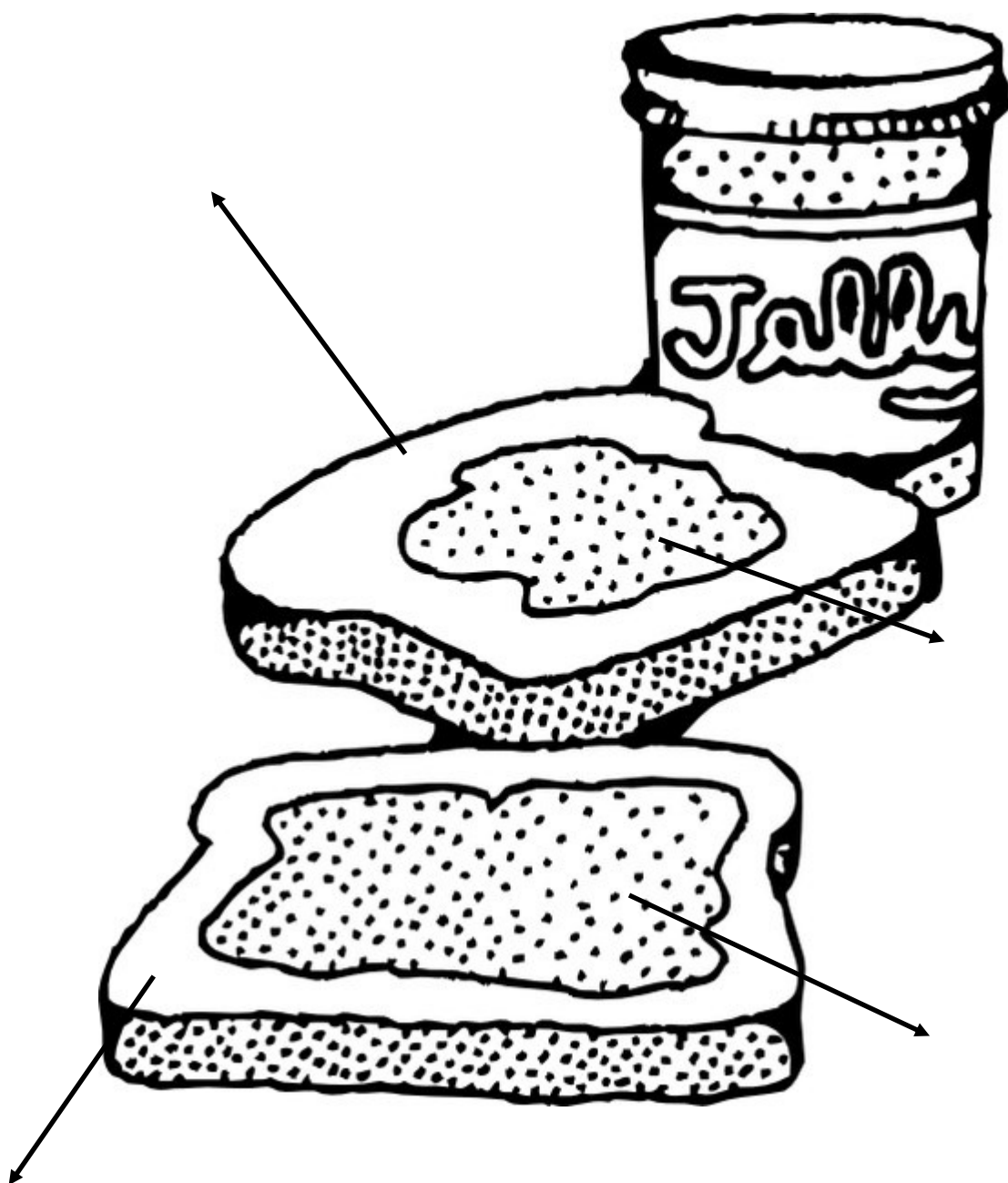
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# Balance Sandwich



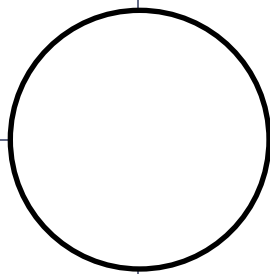
# Balance Sandwich



# Balance Poster



# Balance Poster



Balance: I can balance my mind, body,  
heart, and spirit.

Handwriting practice lines consisting of five sets of three horizontal lines (top solid, middle dashed, bottom solid).

*Balance: I can balance my mind,  
body, heart, and spirit.*

Handwriting practice lines consisting of solid top and bottom lines with a dashed midline for letter height guidance. There are five sets of these lines on the page.



# Balance Quotes

Be aware of wonder. Live a balanced life – learn some and think some and draw and paint and sing and dance and play and work every day some.

*Robert Fulghum*

Life is all about give and take - just make sure you're not giving the whole time!

*Lynda Field*

Never get so busy making a living that you forget to make a life.

*Dolly Parton*

Happiness is not a matter of intensity but of balance and order and rhythm and harmony.

*Thomas Merton*

To be balanced in life means to be aware of the need for self-care without which you cannot adequately care for others.

*Theodore W. Higgingsworth*

A well-developed sense of humor is the pole that adds balance to your steps as you walk the tightrope of life.

*William Arthur Ward*

Balance is a feeling derived from being whole and complete; it's a sense of harmony. It is essential to maintaining quality in life and work.

*Joshua Osenga*

“Balance, peace, and joy are the fruit of a successful life. It starts with recognizing your talents and finding way to serve others by using them.”

*Thomas Kinkade*

# Scriptures for Motivation

**Ecclesiastes 3:1-8** - To every [thing there is] a season, and a time to every purpose under the heaven:...

**Matthew 6:33-34** - But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you....

**Proverbs 11:1** - A false balance [is] abomination to the LORD: but a just weight [is] his delight.

**2 Peter 3:17** - Ye therefore, beloved, seeing ye know [these things] before, beware lest ye also, being led away with the error of the wicked, fall from your own steadfastness.

**Philippians 4:8** - Finally, brethren, whatsoever things are true, whatsoever things [are] honest, whatsoever things [are] just, whatsoever things [are] pure, whatsoever things [are] lovely, whatsoever things [are] of good report; if [there be] any virtue, and if [there be] any praise, think on these things.

**Philippians 4:11** - Not that I speak in respect of want: for I have learned, in whatsoever state I am, [therewith] to be content.

**Hebrews 13:5** - [Let your] conversation [be] without covetousness; [and be] content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

**1 Peter 5:7** - Casting all your care upon him; for he careth for you.

**2 Timothy 1:7** - For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

**Ephesians 5:15** - See then that ye walk circumspectly, not as fools, but as wise,

**John 16:33** - These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

**Matthew 6:33** - But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

**Isaiah 41:13** - For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee.

**Philippians 4:13** - I can do all things through Christ which strengtheneth me.

**Mark 6:31** - And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.

# Books for Balance

- *A Bad Case of Stripes* by David Shannon
- *A Child's Garden* by Michael Foreman
- *Big Wolf and Little Wolf* by Nadine Brun-Cosme
- *Elmer* by David McKee
- *Martha Doesn't Say Sorry* by Samantha Berger
- *The Bad Seed* by Jory John
- *The Good Egg* by Jory John
- *Tidy* by Emily Gravett
- *Zen Shorts* by Jon J. Muth
- *A Fine, Fine School* by Sharon Creech
- *Beautiful Moon* by Dawn Jeffers
- *The Girl Who Never Made Mistakes* by Mark Pett and Gary Rubinstein
- *Moon* by Alison Oliver
- *Sun* by Alison Oliver
- *Unplugged* by Steve Antony

# Balance Poetry

## A Balanced Life

By Anonymous

My Life has been balanced, with pleasures and trials.

I've had many teardrops, and thousands of smiles.

I've soared to the moon, and I've plunged to the sand.

My Life has been balanced, by God's Loving hand.

I've had many Friendships, I've had a few foes.

In the Life of a Christian, that's just the way that it goes.

Should I simply accept, only good from God's hands?

No, I must endure it all, whatever He plans.

But of one thing I can be certain, and you can be too.

All things work out for the best, as God deals with you.

# Balance Poetry

## Too Much of Anything

By Sam Fickinsen

Too much of anything is never good  
Remember when your Mother said, you should  
Take all things in life in moderation  
It is good advice and some inspiration.

If life was all play  
Perhaps it would be fun days  
But nothing would get done  
And that would be no fun.

If life was all work  
You would say with a smirk  
Life is no fun  
Look at all I have to get done.

But having a balance each day is the way  
Get your work done but make time for play  
You will feel more rested and happy each day  
If you have a balance and make moderation your way.

# Hymn Study

## Complete the following hymn study routine for “All Things Bright and Beautiful”

(This hymn is public domain. Simply Google the title for music and words. A link to a pdf copy is on the blog under Habits of Learning, links for Balance)

1. Copy the words to the hymn in your best handwriting. Write each verse on its own stanza.
2. Google the hymn title and read about the history of the hymn. Write/narrate a short summary of the history.
3. Sing all the verses of the hymn.
4. If you play an instrument, learn to play the hymn.
5. Talk about what this hymn teaches you about balance.