Week With Breathing Room

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A character schedules tasks back to back.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Build a weekly plan that includes obligations, transitions, and flexible time.

3. Where is more time actually needed?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.