

# SOCIO-EMOTIONAL WELL-BEING

## Student's Worksheets: GRADE 9 - Lesson 5

### Worksheet for Grade 9 Students

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Read the following scenario and reflect on the questions which follows:

Ryan is a 15-year-old student who dreams to become a famous painter. He is creative and full of ideas, but he often struggles to manage his time. He procrastinates on assignments, forgets deadlines, and ends up rushing through his work at the last minute. This not only affects his grades but also his confidence. He feels overwhelmed and frustrated, especially when he sees his classmates submitting well-organised artworks.

Ryan wants to improve, but he does not know where to start. He has tried using planners before, but he forgets to check them. He



wishes he could find a way to stay on track and make time for both schoolwork and his hobbies.

1. What is the limitation of Ryan?

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2. How does it affect his life?

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3. What could he do to improve?

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