

AT HOME SEEKING SOCRATES

FOUR PILLARS OF GREEK PHILOSOPHY: BALANCE

The ancient Greeks believed that the Oracle spoke for the God Apollo and could foretell the future. Engraved above Apollo's temple in Delphi were these words: "**Nothing in Excess.**" Not too much, or more than is needed. But following that advice is often easier said than done. Is there something YOU do "too much of" in your life? Play video games? Procrastinate? Fight with family members? Criticize yourself? Would you like to find Balance?

Watch the three stories on the AT HOME: BALANCE webpage.

Then, choose one of these stories and discuss the following questions with your family, teacher, classmates or friends:

- ◆ What did that person do too much of? In what way were they acting in Excess? And what did their Excess cost them?
- ◆ Did they know they were overdoing it? If so, how or when did they realize that?
- ◆ What did they learn or discover about themselves in the story? Why were they overdoing it? Does their experience remind you of something in your life that you are doing too much of? If so, why do you feel you are overdoing it? And how might you bring that Excess into Balance?

Finally, choose one of these ways to explore Balance in your life:

- ◆ Caption a photograph of Balance and explain why you chose it.
- ◆ Create a piece of art work that shows what Balance means to you.
- ◆ Tell your own story of Excess/Balance in writing and/or short video.

Then when you are done, we hope that you will share your work with your classmates and, if you would like, ask your parents or teachers to share your work with us. Together We Grow!