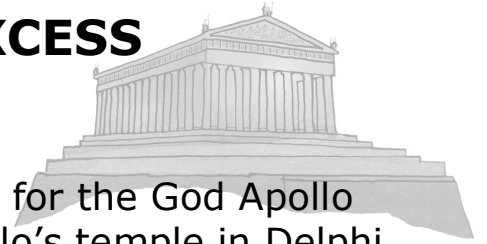


SEEKING SOCRATES

BALANCE: NOTHING IN EXCESS



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 a family member? Criticize yourself?

Watch the three stories of Balance on the AT HOME webpage.

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

1. What did that person do too much of? In what way was she/he acting in excess? And what did their excess cost them?
2. Did they know they were overdoing it? If so, how or when did they realize that?
3. What did they learn or discover about themselves in the story? Why were they overdoing it? Does their experience remind you of a time in your life when you did too much of something and, if so, why do you feel you were acting in excess?

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

1. Write your own story of overdoing it in at least one full page.
2. Caption a photograph or do a piece of art work about excess.
3. Tell your "Nothing in Excess" story in your own short video.

And when you are done, if you would like, ask your parents or teachers to share your work with us. Together We Grow!