



Rest without having to earn it

The skill of non-performing · name: _____ · date: _____



School, work and online life can make worth feel tied to output, responsiveness and achievement. Non-performing reminds us that a person remains worthy when nothing is being produced or improved. Rest is a foundation of life. It does not have to earn its place by sending us back to work with more energy.

What we are practising

By the end of this lesson, you can describe non-performing and identify a small form of rest that does not need to justify itself through productivity.

During the activity

A menu with no useful outcome: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

Name one small thing a person could do purely for its own sake, and explain why it can count as rest even though it achieves nothing.

Exit ticket · Rest without having to earn it

According to the lesson, what is "non-performing" mainly about?

- a) Avoiding responsibilities whenever possible
- b) Being lazy instead of getting things done
- c) Resting without needing to earn it through being useful or productive
- d) Achieving more in less time

I can describe what non-performing means and name at least one small way a person can rest without needing to earn it or be productive.

☐ more than before ☐ about the same

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