



Letting an ordinary day count

The skill of ordinariness · name: _____ · date: _____



Grades, applications, followers and public achievements can make ordinary life seem like the space between important events. Yet much of what holds a life is repeated and unremarkable: meals, journeys, familiar places, small kindnesses and time with other people. Ordinariness allows these parts to count without needing to turn them into highlights.

What we are practising

By the end of this lesson, you can notice ordinary moments that matter and question the idea that value depends on standing out or achieving more.

During the activity

The ordinary gallery: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

Where might you notice one ordinary, easily overlooked moment before the end of the week?

Exit ticket · Letting an ordinary day count

What does the skill of ordinariness mean in this lesson?

- a) Achieving something impressive every day
- b) Noticing that ordinary, everyday moments can be genuinely valuable
- c) Comparing yourself to other people less often
- d) Avoiding all challenges and effort

I can explain why ordinary moments can matter, even on a day without big achievements.

☐ more than before ☐ about the same

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