

The BALANCE Framework™ (Rabi, 2026)

Policy Principle	Literacy Examples	Numeracy Examples
<p>B: Build Foundations First <i>Foundational skills must be explicitly taught and protected.</i></p>	<ul style="list-style-type: none"> • Structured phonics instruction (e.g., decoding multisyllabic words) • Daily independent reading of grade-level texts • Handwritten responses to build fluency and comprehension • Sentence construction and paragraph writing without AI assistance 	<ul style="list-style-type: none"> • Mastery of number sense (e.g., place value, fractions) • Mental math routines (e.g., quick recall of operations) • Step-by-step problem solving without calculator use • Written mathematical reasoning (showing work clearly)
<p>A: Apply AI Intentionally <i>AI should support thinking, not replace it.</i></p>	<ul style="list-style-type: none"> • AI used to generate guided questions about a text, not summaries • AI providing feedback on writing structure, not writing the content • Vocabulary expansion tools based on learner writing 	<ul style="list-style-type: none"> • AI used to suggest multiple problem-solving strategies • AI providing step-by-step feedback on errors, not final answers • Simulations for real-world math applications (e.g., budgeting scenarios)
<p>L: Leverage Learning Science <i>Align instruction with cognitive and developmental research.</i></p>	<ul style="list-style-type: none"> • Explicit instruction in phonemic awareness and fluency (National Reading Panel, 2000) • Chunking texts to reduce cognitive load (Sweller, 1988) • Frequent feedback cycles on writing (Hattie & Timperley, 2007) 	<ul style="list-style-type: none"> • Breaking complex problems into manageable steps • Repeated practice to build automaticity in calculations • Use of worked examples before independent problem-solving
<p>A: Activate Cognitive Engagement <i>Require learners to think, explain, and justify.</i></p>	<ul style="list-style-type: none"> • Students explain the author’s intent using textual evidence • Writing tasks that require argumentation, not summary • Comparing multiple texts and synthesizing ideas 	<ul style="list-style-type: none"> • Explaining why a solution works (not just the answer) • Comparing different solution strategies • Solving non-routine problems requiring reasoning
<p>N: Nurture Human Capabilities <i>Develop transferable, real-world skills.</i></p>	<ul style="list-style-type: none"> • Evaluating credibility of sources (media literacy) • Identifying bias in texts or AI-generated content • Presenting arguments orally and in writing 	<ul style="list-style-type: none"> • Interpreting data (graphs, statistics) in real contexts • Financial literacy (budgeting, interest rates) • Applying math to real-world decision-making
<p>C: Combine Human and Technological Systems <i>Balance teacher guidance with AI support.</i></p>	<ul style="list-style-type: none"> • Teacher-led reading discussions + AI-supported vocabulary tools • Peer review of writing + AI-assisted feedback refinement 	<ul style="list-style-type: none"> • Teacher modeling problem-solving + AI practice tools • Collaborative problem-solving + AI-generated extensions
<p>E: Evaluate for Capability (Not Completion) <i>Measure what learners can do, not what they completed.</i></p>	<ul style="list-style-type: none"> • Writing portfolios showing growth over time • Performance tasks (e.g., research + written analysis) • Oral presentations demonstrating comprehension 	<ul style="list-style-type: none"> • Multi-step problem-solving assessments • Real-world math projects (e.g., budgeting plan) • Explanation-based assessments (not multiple choice only)