



ROUTINES AT HOME MAKING THE NEW SCHOOL AT HOME ROUTINE EASIER

MORNING PLANNER				
When- write in time	What	Complete ✓		
	Wake up- same time every school day.			
	Get out of your PJ's! Maybe wear your sports uniform			
	Eat breakfast			
	DEVELOP A POSITIVE MINDSET for learn.			
	No TV, You tube or surfing the net before learning time.			
	Set up your working area BE ORGANISED			
	Plan todays school work tasks and daily schedule of activities			
	Set your timer or alarm			
	etable and expected work tasks for the day may e timetable to suit your needs	y be different so		
2, ?	Who can you ask for help with your work? Fill in some names in the boxes below.			
	DUTINES Start your school work at the same itine makes it easier.	time every day-		

A PLANNER FOR DOING THE SCHOOL WORK TASKS @ HOME

When-write in time What Complete Image: Start your school work task-stretch & move around for 15 minutes Image: Start your school work task-stretch & move around for 15 minutes Image: Start your school work tasks Image: Start your school work tasks Image: Start your school work tasks Image: Start your school work tasks Image: Start your school work tasks Image: Start your school work tasks Image: Start your school work tasks Image: Start your school work tasks Image: Start your school work tasks Image: Start your school work tasks Image: Start your school work tasks Image: Start your school work tasks Image: Start your school work tasks Image: Start your school work tasks Image: Start your school work tasks Image: Start your school work tasks Image: Start your school work tasks Image: Start your school work tasks Image: Start your your equipment for 15 minutes Image: Start your school work tasks Image: Start your your equipment your school work tasks Image: Start your your equipment your school work tasks Image: Start your your equipment your your equipment your you know where it all is for Image: Start your equipment you you equipment you you how where it all is for					
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work tasks work tasks Break time- have a snack and a movement break for 30 minutes minutes			stretch & move around for 15		
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		END OF S	SCHOOL WORK DAY		
tomorrow			you know where it all is for		
WELL DONE! How did you go today?	VELL DONE	E! How did	you go today?		
	ê j	$(\bullet \bullet)$	C∯		
Great Ok Not so good	Great	Ok	v Not so good		

AFTERNOON &	
9	Do some exercise- stretch & move around for 30 minutes
	Quiet activity to recharge.
	Screen time – no more than 60 minutes
A	Jobs around the house
	Chat with friends
	Dinner
	Screen time – no more than 30 minutes
	Quiet activity
Ľ	Prepare for bed time and brush teeth
	Lights out- sleep time



This resource created by Travancore School Outreach Team