




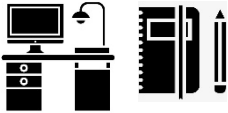




















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ROUTINES AT HOME MAKING THE NEW SCHOOL AT HOME ROUTINE EASIER

MORNING PLANNER		
When- write in time	What	Complete ✓
	 <p>Wake up- same time every school day.</p>	
	  <p>Get out of your PJ's! Maybe wear your sports uniform</p>	
	 <p>Eat breakfast</p>	
	 <p>DEVELOP A POSITIVE MINDSET for learn.</p> <p>No TV, You tube or surfing the net before learning time.</p>	
	 <p>Set up your working area</p> <p>BE ORGANISED</p>  <p>Plan todays school work tasks and daily schedule of activities</p>  <p>Set your timer or alarm</p>	
<p>Every school timetable and expected work tasks for the day may be different so adapt this routine timetable to suit your needs</p>		
	 <p>Who can you ask for help with your work? Fill in some names in the boxes below.</p>	
	<input data-bbox="400 1787 659 1888" type="text"/> <input data-bbox="724 1787 983 1888" type="text"/> <input data-bbox="1023 1787 1281 1888" type="text"/>	
<p>DEVELOP ROUTINES Start your school work at the same time every day- getting into a routine makes it easier.</p>		

A PLANNER FOR DOING THE SCHOOL WORK TASKS @ HOME

When- write in time	What	Complete ✓
	 <p>Start your school work task-</p>	
	 <p>Have a work break-stretch & move around for 15 minutes</p> 	
	 <p>Continue with your school work tasks</p>	
	 <p>Break time- have a snack and a movement break for 30 minutes</p>	
	 <p>Continue with your school work tasks</p>	
	 <p>Lunch break</p>	
	 <p>Continue with your school work tasks</p>	
	 <p>Have a work break-stretch & move around for 15 minutes</p> 	
	 <p>Continue with your school work tasks</p>	
END OF SCHOOL WORK DAY		
	 <p>Pack up your equipment so you know where it all is for tomorrow</p>	

WELL DONE! How did you go today?



Great















Ok



Not so good

AFTERNOON & EVENING PLANNER

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