



Daily Planner
Studying from home

| | | |
|-------------|---------------|--|
| Before 9am | Wake-up Time | <ul style="list-style-type: none"> • Have a nutritional breakfast • Take a shower • Brush your teeth • Get dressed • Make the bed |
| 9am – 10am | Morning Time | <ul style="list-style-type: none"> • Daily 1-hour exercise • Walk your dog • Go for a family walk • Enjoy some fresh air |
| 10am – 11am | Quiet Time | <ul style="list-style-type: none"> • Read • Research • Write a reflective log • Keep a journal / diary • No electronic devices |
| 11am – 12pm | Study Time | <ul style="list-style-type: none"> • Coursework • Assignments • Practice papers • Online resources |
| 12pm – 1pm | Lunch Time | <ul style="list-style-type: none"> • Cook a healthy and nutritional lunch • Try out a new recipe with your family • Sit in the garden to eat your lunch together (weather permitting) |
| 1pm – 3pm | Study Time | <ul style="list-style-type: none"> • Coursework • Assignments • Practice papers • Online resources |
| 3pm – 4pm | Creative Time | <ul style="list-style-type: none"> • Draw • Listen to music • Bake • Arts, crafts and painting |
| 4pm – 5pm | Family Time | <ul style="list-style-type: none"> • Garden activities • Board games • Games i.e. Football |
| 5pm – 6pm | Tea Time | <ul style="list-style-type: none"> • Help prepare family tea • Set the table • Prepare the drinks |
| 6pm – 9pm | Free Time | <ul style="list-style-type: none"> • Facetime family and friends • Social media i.e. TikTok • Games consoles |
| 9pm – 10pm | Quiet Time | <ul style="list-style-type: none"> • Downtime - rest and relaxation • Wind down with a nice bath • Read a book • No electronic devices |
| After 10pm | Bed Time | <ul style="list-style-type: none"> • Get plenty of sleep to be fresh for your next day |