



Example of Plan for the Day

During this time of school closure, some students will have been given a structured timetable to follow by their teachers. This will vary depending on age and year group. The following is an example of a *Plan for the Day* for students who are designing their own schedules.

Remember to plan for schoolwork, physical exercise and household jobs as well as activities you enjoy, connecting with friends and family and taking some free time and food breaks throughout the day.



TIME	ACTIVITY	Tick when complete ✓
9.00	Breakfast/Wash/Dress/Get ready for school work	
10.00	Schoolwork	
11.00	Fifteen minute break – relax (healthy snack and listen to music/check phone)	
11..15	Schoolwork	
12.00	Exercise & jobs in the house	
1.00	Lunch & enjoyable activity	
2.00	Schoolwork (followed by a short break)	
3.00	Schoolwork	
4.00	Enjoyable activity & physical activity	
5.00	Enjoyable activity & jobs in the house	
6.00	Dinner time (& tidy up)	
Evening Plan	Family time & relax	