

PLAN FOR THE DAY

During this time of school closure, your teacher(s) may have given you a structured timetable to follow. If not, you will need to design your own Plan for the Day. 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	ACTIVITIES	COMPLETE

Use colour to design your own Plan for the Day!

