

My Daily Routine

Today's date: _____



Remember to keep washing your hands throughout the day. Do not touch your eyes, mouth or nose.

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| Before 9:00am | Wake up | Eat breakfast, make your bed, get dressed, write a list for your day ahead. |
| 9:00am - 10:30am | Academic time | <p>My tasks:</p> <hr/> <hr/> <hr/> <hr/> |
| 10:30am - 10:45am | Break time | Have a snack, watch telly, catch up with friends and family.  |
| 10:45am - 12:30am | Academic time | <p>My tasks:</p> <hr/> <hr/> <hr/> <hr/> |
| 12:30pm - 13:30pm | Lunch time | Make lunch, stretch your legs, catch up with friends and family.  |
| 13:30pm - 14:45pm | Academic time | <p>My tasks:</p> <hr/> <hr/> <hr/> <hr/> |
| 14:45pm - 15:00pm | Break time | Have a snack, watch telly, catch up with friends and family.  |
| 15:00pm - 16:30pm | Academic time | <p>My tasks:</p> <hr/> <hr/> <hr/> <hr/> |
| 16:30pm | Academic day stops | Put away all school/college notes ready for your evening.  |
| After 16:30pm | Evening starts | Shower, eat dinner, relax, watch telly, talk to your family and friends, tell them about the best part of your day and something you have learned. |

