

Structuring your day

For your own wellbeing it's useful to have a plan of how you're going to structure your day and to start building a routine. Give yourself realistic goals and vary your days to look after not only your physical but also your mental health. Here we give you some suggestions of what you can do but we do understand that this will be a very personalised thing tailored towards your own individualised needs.

Create good habits

Plan

Planning what you're going to do with your day in advance can help you focus. Think about what you need to achieve by the end of the day, check Connect to see what work needs doing, work out how you're going to build some fun, exercise and food into it. It's useful to create a visual timetable to pop up on your wall to remind you.

Get up

When you are stuck at home it's easy to get into the routine of laying in bed, scrolling through your phone and pondering life. It's important that when you wake you make the effort to get yourself up, out of bed and ready to start your day.

Wash your hands!

Have a Shower

Have a shower, get yourself dressed, brush your teeth, comb your hair. Making this effort signals to your body that you're ready for the day.

Do something fun!

Free-time

After spending time on school work it's equally important to give yourself some down-time. Why not check out a new tv show or spend some time on your favourite game?

How are your friends doing?

Socialise

In this internet enabled age there is a multitude of ways you can communicate with your friends and family even if you are restricted from visiting them in person. This social interaction is important and you should try to make time in your day for it.

Eat

Make sure you start your day with breakfast, it will give you the energy to get going with your morning and focus on the tasks ahead of you.

What's for breakfast today?

Learning

While you are away from school it's important that you schedule some learning time into each day. This will not only help your mental health by giving you something constructive to focus on but will also make it easier for you to ease back into school life when we return. Remember: independent learning is a sought after skill and will be very useful to you in the future!

Open a window - get some fresh air

Take a Break

Whilst learning is important, so is taking a break, so make sure to schedule some into your day!

Keep hydrated

Learn something new

Reading

Sometimes learning can be as simple as reading through some text. Sometimes leisure time can be spent with a good book. Reading is a useful way to learn and unwind.

Sleep

Get your 8-10 hours! Keeping a set bedtime and ensuring you get enough sleep is an easy way to maintain your health.

Help someone

Try a new activity