



## Weekly timetable planning sheet

**Your check list:**






















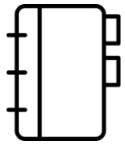

- Quiet environment?
- No distractions
- Equipment prepared?
- Goals set?

WEEK A / B	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Goal for the day							
Period one 9-10am							
Period two 10-11am							
Break time 20 mins							
Period three 11.20 - 12.20pm							
Period four 12.20 – 13.20pm							
<b>LUNCHTIME!</b> <i>Stay hydrated - don't forget to drink some water</i>							
Period five 14.00 – 15.00pm							
3.30-4.00pm Exercise break							
Goal achieved? Reward yourself if so!							



# 20 Minute Breaktime Bank of Challenges!



<p>Contact one of your friends for a chat</p> 	<p>Do something active</p> 	<p>Go on You Tube and Do a Joe Wicks workout</p> 	<p>Crafting e.g. paint a plant pot, try origami</p> 
<p>Read or listen to a book e.g. World Book Reader have 3000 online books and audiobooks</p> 	<p>Listen to a new song</p> 	<p>Listen to your favourite song</p> 	<p>Begin to write your own book, adding to it each breaktime</p> 
<p>Enjoy a hot drink and a biscuit</p> 	<p>Meditation (Headspace have some free meditations)</p> 	<p>Contact a family member or friend</p> 	<p>Daily photograph challenge</p> 
<p>Write down 5 positive things</p> 	<p>Do something to help in the home</p> 	<p>Learn and practice a new skill using online tutorials or learn from a friend e.g. brush script writing, coding</p> 	<p>Create a new music playlist and share it with your friends</p> 
<p>Visit a museum online – virtual tours online e.g. British Museum</p> 	<p>Draw, sketch or paint</p> 	<p>Write a poem</p> 	<p>Watch 15 minutes of your favourite series</p> 
<p>Make something useful out of recyclable packages</p> 	<p>Start a blog or write a journal</p> 	<p>Bake Challenge (ask permission and check if you need supervision!)</p> 	<p>Listen to a podcast</p> 