

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
9:00	Breakfast/ wash/ dress/ get ready for school work	✓
10:00	Schoolwork	✓
10:45	Fifteen minute break (healthy snack / listen to music)	
11:00	Schoolwork (post-primary) or RTÉ School Hub (primary)	
12:00	Bike ride (no more than 2km from home) / tidy bedroom	
1:00	Help to make lunch / take lunch / link with friends	
2:00	Schoolwork	
2:45	Fifteen minute break (healthy snack / listen to music)	
3:00	Schoolwork (post-primary) Board games and jigsaw (primary)	
5:00	Bake a treat for family / find a recipe to follow on YouTube	
6:00	Dinner time (& tidy up)	
Evening Plan	Physical activity, family time & relax	

This is a generic plan that can be adapted to suit your situation.

