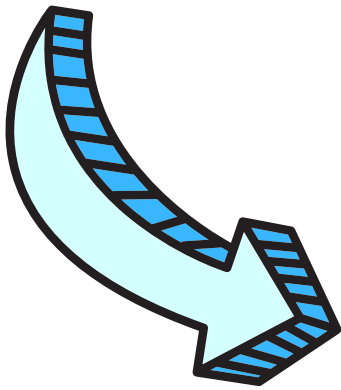


YOUR DAILY *Routine*

Use this daily checklist when you're learning from home or create your own on the following page. Remember, use a pencil so you can use this checklist as many times as you like!

MORNING CHECKLIST

- Get changed out of your pyjamas
- Have your breakfast outside or by the window
- Write yourself a to-do list and work through it

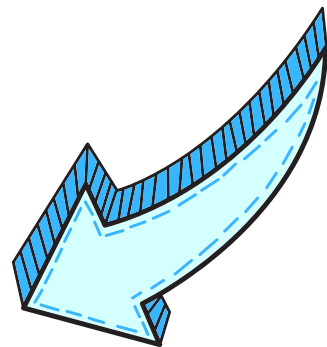


DAY TIME CHECKLIST

- Set up a productive work station
- Place a water bottle at your desk
- Set a timer for every 30 minutes
- Move around every 30 minutes

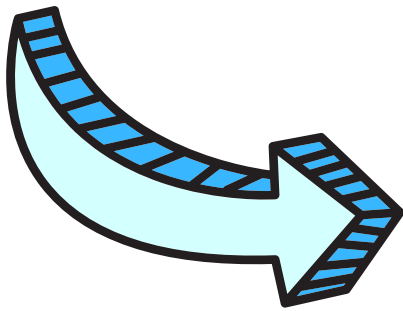
AFTERNOON CHECKLIST

- Do something crafty
- Think about what went well today
- Go for a walk with your family or do something active at home



YOUR DAILY *Routine*

MORNING CHECKLIST



DAY TIME CHECKLIST

AFTERNOON CHECKLIST

