



Example of 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	ACTIVITY	Tick when 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 RTE Home School Hub (primary)	
12.00	Bike ride (no more than 2km from home) / Tidy my bedroom	
1.00	Help to make and take lunch / link with friends	
2.00	Schoolwork	
2.45	Fifteen minute break (healthy snack / link with friends)	
3.00	Schoolwork (post primary) Board game 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 which can be adapted to suit your situation. Remember to take breaks. Break up the schoolwork routine with physical activities and creative/enjoyable activities.**