***How to revise tick list:***

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



|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | ***MONDAY*** | ***TUESDAY*** | ***WEDNESDAY*** | ***THURSDAY*** | ***FRIDAY*** | | ***SATURDAY***  ***LEISURE TIME*** | ***SUNDAY***  ***LEISURE TIME*** |
| **Goal for the day** |  |  |  |  |  | |  |  |
| **9-10am** |  |  |  |  |  | |  |  |
| **10-11am** |  |  |  |  |  | |
| **Break time**  **15 mins** |  |  |  |  |  | |
| **11.15-12.15pm** |  |  |  |  |  | |
| ***LUNCHTIME!***  ***Stay hydrated - don’t forget to drink some water*** | | | | | | | | |
| **1.15-2.15pm** |  |  |  |  | |  |  |  |
| **Break time**  **15 mins** |  |  |  |  | |  |
| **2.30-3.30pm** |  |  |  |  | |  |
| **3.30-4.00pm**  **Exercise break**  ***Check out @stwilfridspe***  ***for their daily challenge!*** |  |  |  |  | |  |
| **Goal achieved?**  **Reward yourself if so!** |  |  |  |  | |  |  |  |

**15 Minute Breaktime Bank of Challenges!**

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