



Our Lady's Catholic Primary School

Supporting home learning routines- planning the day

Consistent routines are important for behaviour and wellbeing in school and routines at home have changed significantly. As you get used to home learning you will find a rhythm to your new routine. Using the simple checklist below may help you with this.

	Monday	Tuesday	Wednesday	Thursday	Friday
I woke up in good time					
I did some exercise					
I had regular meals and drank water					
I enjoyed some reading in a quiet space (maybe an adult read to me)					
I practiced counting or my times tables					
I completed some of my school work at my workspace. I chunked it so I had some breaks					
I talked to my family about my day - including my learning and how I am feeling. I asked about their day too.					
I helped with a household job and talked to my family while I did it					
I contacted my friends					
I did something creative - art, drawing, gardening or cooking.					
My parent/carer told me what I did that day					
My Goal:					
My Goal:					