

## HOME LEARNING CHECKLIST

Consistent routines are important for our well-being and with our home routines changing significantly it's important that we keep our mind and body healthy while we are home-learning.

	I woke up at a good time	M	T	W	T	F
	I organised my equipment for the day	M	T	W	T	F
	I had regular meals and drank water	M	T	W	T	F
	I found time to stretch and move around	M	T	W	T	F
	I went outside for some fresh air	M	T	W	T	F
	I checked I checked in on TEAMS and attended all my lessons on time	M	T	W	T	F
	I submitted all work requested on 'Show My Homework' or via email to my teachers	M	T	W	T	F
	I asked my teachers if I was unsure about something	M	T	W	T	F
	I spoke to my family about what I learned today and how I am feeling - I also asked them about their day	M	T	W	T	F
	I helped with a household job	M	T	W	T	F
	I found some quiet time to read a book	M	T	W	T	F
	I contacted my friends to see how they are	M	T	W	T	F

