**Communication and Interaction Team**

**Structure and Routine**

Structure and Routine are important for all of us. They are especially important when things are different or there is a lot of uncertainty.

Here are some tips:

1. Plan your week. Even if you are just at home, make a timetable for each day. It could look something like this:

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| 7:30am – 9:00am | Wake up, get dressed and eat breakfast |
| 9:00am – 10:00am | School Work |
| 10:00am – 10:15am | Get up and move around. (This could be walking around your house, your garden, doing some exercise) |
| 10:15am – 10:30am | Snack Time |
| 10:30am – 12:00pm | School Work |
| 12:00pm – 1:00pm | Lunch Time |
| 1:00pm – 3:00pm | School Work (Make sure you have some movement breaks during this time – even just standing up and down a few times will help you to keep focussing) |
| 3:00pm – 4:00pm | Free Time |
| 4:00pm – 4:30pm | Do some exercise |
| 4:30pm – 5:00pm | Help with a job around the house |
| 5:00pm – 6:00pm  | Teatime |
| 6:00pm – 7:00pm | Free Time |
| 7:00pm – 8:00pm | Play a game with your family |
| 8:00pm - 8:30pm | Have a bath or shower |
| 8:30pm | Go to bed |

You could ask someone to remind you to move on to each task, or if you have a phone, you could set reminders for when each new activity is going to start.

1. Try to get some fresh air each day. If you are not allowed out of the house then you could just open the window for a bit, or go into the garden if you have one and are allowed to.
2. Try and get some exercise each day. You could do some exercise in your garden if you have one. If you have access to the internet then you could follow some exercise videos. Joe Wicks the Body Coach is doing some free PE lessons every day that you can do at home. You could always just make up your own exercise routine in your lounge.
3. Food and mealtimes may be hard. Make sure you remember to keep drinking water to stay hydrated. Stick to your mealtimes and remember to eat. However, when you are home, it can also be tempting to eat more than you normally would. If you have some healthy snacks each day, you could get them out each morning and then you can choose when you want to eat them, but when they are gone then they are gone for the day.

It can be tempting to just stay in bed or not stick to a routine when we are just at home, but it will really help you if you can create some structure to your new ‘school’ week.