

Plan your ideal day

It can be really hard to stay motivated when we lose our normal routine.

Have a think about your ideal day and fill in the plan below

To look after your body and mind include some of each activity:

Stay Connected 	Build Skills 	Be Healthy 	Emotional Check-in 	Be in the Moment 
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Example

The more you do - the more you will feel like doing - honest!

6.00			
6.30			
7.00	↑ Sleep ↓		
7.30			
8.00			
8.30		Get up	
9.00		Shower	
9.30		Breakfast	
10.00		School Work	
10.30		School Work	
11.00		Chill	
11.30		School Work	
12.00		School Work	
12.30		Lunch	
13.00		School work	
13.30		School work	
14.00			
14.30		Stretch and exercise	
15.00			
15.30		Online with friends	
16.00		Online with friends	
16.30			
17.00		Tea	
17.30		Play with cat	
18.00			
18.30			
19.00			
19.30			
20.00		Contact Grandparents	
20.30			
21.00		Talk with friends	
21.30		Talk with friends	
22.00		Mindfulness	
22.30		Read	
23.00			
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03.00			
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05.30			

Fill in your plan

If you're struggling just put a few activities in - like what time you're going to get up

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