

What's your plan today?



ROUTINE

- 7.30am Get up.
- Breakfast: Weetbix
- 9.00-10.30 check in Google classroom - English
- 10.30 Morning break ^{walk the dog.}
- 11 - Math + Science
- Lunch: Chicken salad wrap.
- outside - walk 30 minutes
work on household chores + vege garden
- Learning - Geography
3.30-4.30
- Dinner: Cook spag. bol for dinner
- 7.30/8 - shower TV



PRODUCTIVITY TASKS

- Check in Google classroom & complete task.
- Tidy my room!
- Cook everyone dinner.
- Complete draft Science assignment.
-
-
-
-



SELF CARE PLAN

- Physical: walk the dog, build veg garden.
- Social: Positive interactions with friends on facebook/snapchat
- Restorative: stretch while watching TV.
- Household: Make my bed; tidy my room
- Living the value of: "Responsibility" making sure I check in on my learning daily and stay active.



GRATITUDE Seeing everyone enjoy my dinner.



NOTES

- Good routine
- Best thing - making progress on my veg. garden.
- Tomorrow better - stick to time frames
- Tomorrow - working on veg. garden again.

EVERY STUDENT MATTERS

Opportunity Diversity Inclusivity