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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Mindfulness 15mins | Exercise 30 mins | Mindfulness 15 mins | Exercise 30mins | Typing practice 15 mins |
| Exercise 30 mins | Photography prep 1 hr | Community Work at Home 2hr | Mindfulness 15 mins | Exercise 30mins |
| Community Work at Home 2 hrs | Mindfulness 15mins | Virtual Tour of a college 1hr | Reading / audiobook 30 mins | Reflection writing 20 mins |
| Reading / audiobook 30 mins | Baking/ Cooking 1hr | Reading /audiobook 30 mins | Reflection writing 20 mins | Reading / audiobook 30 mins |
| Reflection writing 20 mins | Community Work at Home 2 hrs | Reflection writing 20 mins | Exercise 30mins | Community Work at Home 2hr |
| Photography 1 hr | Reflection Writing 20 mins | Exercise 30mins | Typing practice 15 mins | Virtual tour of a college 1 hr |
| Exercise 30 mins | Typing Practice 15mins | Typing practice 15 mins | Community Work at Home 2hr | Covid19 Short Story 1hr |
| Typing practice 15 mins | Exercise 30 mins | Listen to a Podcast 30 mins | Baking/ Cooking 1hr | Exercise 30mins |

Index

Blue- Recommended DAILY activities

Yellow- Project

Green- Personal Skill Development, individual choice, typing an example. This is included as a daily activity as consistent repetition is important to mastery of a skill