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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Mindfulness 15mins | Exercise 30 mins | Mindfulness 15 mins | Exercise 30mins | Skill Development 15 mins |
| Exercise 30 mins | Portfolio Work 1 hr | Community Work at Home 2hr | Mindfulness 15 mins | Exercise 30mins |
| Community Work at Home 2 hrs | Mindfulness 15mins | Assignments 1hr | Reading / audiobook 30 mins | Reflection writing 20 mins |
| Assignments 30 mins | Reading /audiobook 30 mins | Reading /audiobook 30 mins | Reflection writing 20 mins | Reading / audiobook 30 mins |
| Reading /audiobook 30 mins | Community Work at Home 2 hrs | Reflection writing 20 mins | Exercise 30mins | Community Work at Home 2hr |
| Portfolio Work 1 hr | Reflection Writing 20 mins | Exercise 30mins | Skill Development 15 mins | Portfolio Work 1 hr |
| Exercise 30 mins | Skill Development 15mins | Skill Development 15 mins | Community Work at Home 2hr | Assignments 1hr |
| Skill Development 15 mins | Exercise 30 mins | Listen to a Podcast 30 mins | Portfolio Work 1hr | Exercise 30mins |

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Blue- Recommended DAILY activities

The **reflection writing is very important**. These are the prompt questions you should use.

Check list

Who am I checking on or connecting with today? (e.g. phone call, text message, facetime, etc),

How am I going to get some exercise today? (e.g. yoga, football, etc…),

How am I expressing my creativity today? (e.g. baking, cooking, colouring, etc…),

What am I grateful for today?

You can use a notebook to write your answers, audio record your answers or type them. They are a personal tool to help you through this time and will serve as a diary of the experience to look back on. A primary source of history!!

**Mindfulness**- You can use the guide on Google Classroom. Many people like to pray also.

**Exercise-** Please remember to adhere to the 2km limit if you are going for a walk or cycle. Check Google Classroom for an individual PE plan.

Yellow- Project work

You have a variety of assignments as per Google Classroom to complete, some of which you may wish to include in your portfolio submission.

Green- Personal Skill Development

This is included as a daily activity as consistent repetition is important to mastery of a skill.

This is an individual choice, typing is an example. To join go to [www.typingclub.om](http://www.typingclub.om)