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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 | Time Capsule prep 1 hr | Community Work at Home 2hr | Mindfulness 15 mins | Exercise 30mins |
| Community Work at Home 2 hrs | Mindfulness 15mins | Careers Investigation 1hr | Reading / audiobook 30 mins | Reflection writing 20 mins |
| Reading / audiobook 30 mins | Online course 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 |
| Online course 1 hr | Reflection Writing 20 mins | Exercise 30mins | Typing practice 15 mins | Online course 1 hr |
| Exercise 30 mins | Typing Practice 15mins | Typing practice 15 mins | Community Work at Home 2hr | Short story writing 1hr |
| Typing practice 15 mins | Exercise 30 mins | Listen to Podcast 30 mins | Top Ten Books List 1hr | Exercise 30mins |

**Index**

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 choose from in this section.

The Time Capsule should include a letter written to yourself. State age, friends, interests, favourite games, books, pastimes, etc. Write about what is going on in the world. Tell your future self how you feel, what five things you would like to do in adulthood. Read this [Irish Time article](https://www.irishtimes.com/news/ireland/irish-news/time-capsule-containing-visions-for-2020-reopened-for-first-time-1.4157850)about time capsules from 1996 which were recently opened.

There are a range of free online course available from the Open University. Go to <https://www.open.edu/openlearn/get-started/badges-come-openlearn>

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)