



## A MENU OF ACTIVITIES TO STRUCTURE ROUTINE AND TIME



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### ACTIVITY MENUE TO KEEP ACTIVE AND OCCUPIED






LOOK AFTER YOUR WELLBEING BY FINDING PURPOSEFUL BALANCE. MOST PEOPLE WILL FIND THE ADDITIONAL TIME THAT THEY NOW HAVE DIFFICULT TO MANAGE BECAUSE LIFE IS ORDINARILY ORGANISED AND WE ARE USUALLY SO BUSY. IN THE CURRENT SITUATION WE NOW HAVE MORE UNSTRUCTURED TIME THAN WE MAY BE USED TO. THIS ACTIVITY MENU MAY HELP YOU STRUCTURE YOUR TIME. FOR SCHOOLS, TRYING TO FIND ACTIVITIES THAT MEANINGFULLY FILL TIME IN THE ABSENCE OF LESSONS MAY FEEL CHALLENGING, BUT THIS ACTIVITY MENU MAY HELP YOU TOO. TRY AND CHOOSE AS A FAMILY, AS A CLASS, OR INDIVIDUALLY, FIVE ACTIVITIES EACH DAY. BEGIN WITH YOUR USUAL DAY TIME ROUTINE, HAVE BREAKFAST, THEN PICK ONE OR TWO ACTIVITIES TO COMPLETE FOR BEFORE LUNCH. IN THE AFTERNOON, TRY AND PICK ANOTHER ONE OR TWO ACTIVITIES AND WHEN YOUR DAY ENDS, TRY AND PICK ONE MORE ACTIVITY FOR THE EVENING. IF YOU ARE ENJOYING WHAT YOU ARE DOING IN ONE ACTIVITY, CARRY ON AND SIMPLY MOVE TO THE NEXT ACTIVITY WHEN YOU ARE READY. THE POINT IS, THIS MENU IS JUST THAT, ACTIVITIES TO CHOOSE FROM. IT DOESN'T MATTER IF YOU DON'T ACHIEVE FIVE ACTIVITIES AND IT'S OK TO COMPLETE MORE. THIS MENU IS MEANT TO BE AN AID TO HELP YOU THINK ABOUT HOW YOU COULD STRUCTURE YOUR TIME. THERE IS NO RIGHT OR WRONG. ADD YOUR OWN IDEAS AND HAVE FUN!


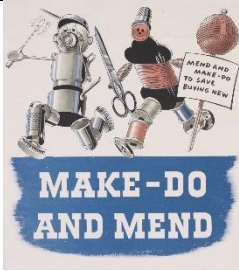

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<b>ANIMALS</b>	<b>CREATE</b>	<b>MIND</b>	<b>SCHEDULE</b>	<b>ACTIVITY</b>
<p>Pet an animal Groom a pet Walk a dog (remember social distancing) Clean out your pets living environment Listen to the birds Feed the birds Watch the wildlife Go bug hunting Find out about an animal you love Make a bird feeder Clean out a pond (with an adult if you are a child)</p>	<p>Draw a picture Draw or paint a picture portrait Take photographs Doodle/ sketch/ draw / paint patterns Organise your photographs Make a photograph album Start a scrapbook Finish a project Do some sewing Do some knitting Make a Lego model Make a model Make a memory box</p>	<p>Daydream Reflect Try Mindfulness Try Meditating Do some deep breathing Do some Yoga Do a guided visualisation Say a prayer Do some mindfulness colouring Make a Mandela Listen to nature sounds</p>	<p>Make a daily schedule Choose your activities for the day Schedule getting up early one morning Schedule getting up late Plan to achieve at least three things each day Schedule a day off</p>	<p>If you go out, make sure you keep your social distance and keep 2 metres apart</p> <p>Go for a run Run around the garden Do an online work out Bounce on a trampoline Get out the Wii console if you have one Go for a walk Skip with a skipping rope Dance like no-one is watching Go for a bike ride</p>

		<p>Self-care is not about self-indulgence, it's about self-preservation.</p> <p>- Audrey Lorde</p> <p><small>www.facebook.com/twuhealthstudies</small></p>		<p>WE CAN CHANGE THE WORLD</p>  <p>with KINDNESS</p>
<h2>EMOTIONS</h2>	<h2>MUSIC</h2>	<h2>SELF-CARE</h2>	<h2>CLEAN</h2>	<h2>KINDNESS</h2>
<p>Express your emotions</p> <p>Laugh</p> <p>Sing</p> <p>Shout</p> <p>Cry</p> <p>Talk about how you feel</p> <p>Write about how you feel</p> <p>Draw your feelings</p> <p>Paint your feelings</p> <p>Sing about how you feel</p> <p>Do a mime of how you feel</p> <p>Make a time capsule</p>	<p>Listen to music you like</p> <p>Find some new music to listen to</p> <p>Turn on the radio</p> <p>Listen to an album from start to finish</p> <p>Sing a song</p> <p>Play an instrument</p> <p>Listen to a podcast</p> <p>Make some music</p> <p>Create rhythms on your knees</p> <p>Start a percussion band with pots and pans</p>	<p>Take a long bath</p> <p>Take a shower</p> <p>Wash your hair</p> <p>Give yourself a facial</p> <p>Give yourself a manicure</p> <p>Give yourself a pedicure</p> <p>Take a nap</p> <p>Get a good night's sleep</p> <p>Look for opportunities to laugh</p> <p>Sit in the sun (wear sunscreen)</p> <p>Breath, breath, breath.</p>	<p>Pick a room and clean it</p> <p>Clean your bedroom</p> <p>Clean the yard</p> <p>Wash the windows</p> <p>Clean your shoes</p> <p>Clean your car/ bike/ scooter</p> <p>Do some laundry</p> <p>Organise your workspace</p> <p>Organise your learning space</p> <p>Sort through your things and organise your personal space</p> <p>Label some boxes and put your special things in them</p> <p>Sort out your make-up</p> <p>Sort out your collections</p>	<p>Try a random act of kindness</p> <p>Do someone a favour</p> <p>Help a friend</p> <p>Help a neighbour</p> <p>Teach someone a skill</p> <p>Make a list of your good points and be kind to yourself</p> <p>Make a list of the things you are grateful for</p> <p>Make a gratitude diary</p> <p>Send a letter to someone</p>




				
NATURE	TRY SOMETHING NEW	CONNECT WITH PEOPLE	LEARN	PLAN
<p>Do some gardening Plant something and watch it grow Mow the lawn Plant some window boxes Sit outside Watch an online relaxing video of a babbling brook for ten minutes If you can't get outside open your windows Sit in the sun</p>	<p>Try a new food Listen to some new music Watch something new Read a new book Listen to a new book Try a new dance Play a board game with your friends on Facetime or another virtual platform</p>	<p>Contact a friend Contact family Arrange a group chat Connect with a virtual platform and do something together like make a cake Write a letter Make a card and send it Reconnect with old friends</p>	<p>Learn something new Learn a new skill Complete some of your school learning Watch a video tutorial to learn how to do something</p>	<p>Create a budget Set a weekly goal Make a to do list Make a shopping list Make a birthday list Make a wish list</p>

				
<p>WATCH</p>	<p>COOK</p>	<p>MEND</p>	<p>READ</p>	<p>WRITE</p>
<p>Watch a film Watch a music concert online Watch a musical Watch something you wouldn't normally watch</p>	<p>Cook a meal Bake some cakes Bake some cookies Find a new recipe Cook with your family Choose a daily menu Set your mealtimes</p>	<p>Repair something that is broken Repair your bike/ scooter Blow up deflated tyres Fix a puncture Learn how to fix something Change the lightbulbs Decorate a room Sew buttons back on clothes</p>	<p>Read anything A book A Kindle A magazine A comic The newspaper Your favourite website</p>	<p>Write a letter Write a thank you letter Write a diary Write your CV Start writing a book Write a poem Write a blog Write a song Write a list of your strengths Write a play script</p>




## EXAMPLE OF AN ACTIVITY MENU FOR NURSERY / KS1

TIME	ACTIVITY
 <p><b>BREAKFAST</b> 8.00 – 9.00am</p>	<b>BREAKFAST AND DRESS</b>
9.00 – 9.30am	Fine motor skills: drawing wave patterns, drawing shapes, threading beads Literacy skills: writing letters, writing words, making letters/ words in Play-Doh
9.30 – 10.00am	<b>Play:</b> Preferably outside if you can
10.00 – 10.30am	Reading Time: Read a book together, listen to an audio book (free on Audible), listen to a story on a podcast. Act out the story and get out items that can be used for dressing up.
10.30 – 11.30	<b>Play</b> and Snack Time
11.30 – 12.00	<a href="#">Watch an educational video.</a> Talk about what you have watched.
 <p><b>LUNCH</b> 12.00 – 1.00</p>	<b>LUNCH AND PLAY</b>
1.00 – 5.00	If the weather is good and you have a garden, have a picnic outside and invite your little one's favourite toys. If you don't have a garden, you could have a picnic inside.  Choose from the Activity Menu in the previous pages, add your own ideas, and aim for activities to last for approximately 20 mins to half an hour. If your little one can manage concentrating for longer, extend to 40 mins. Remember to put in breaks to <b>PLAY</b> after each activity.
 <p>5.00 – 6.00</p>	<b>TEATIME</b>
6.00 – 7.00	<b>EVENING ROUTINE/ SLEEP TIME</b>

## EXAMPLE OF AN ACTIVITY MENU FOR KS2




TIME	ACTIVITY
 <b>BREAKFAST</b> 8.00 – 9.00am	<b>BREAKFAST AND DRESS</b>
9.00 – 9.40am	Learning Activity: Maths (or choose from the online learning/ school learning) Your thinking is sharpest in the morning, so if you've had a good night's sleep, exercise your brain and get those neurons firing!
9.40 – 10.00am	<b>Play:</b> Preferably outside if you can
10.00 – 10.40am	Reading Time: Read a book together, listen to an audio book (free on Audible), listen to a story on a podcast. <a href="#">Do some reading comprehension exercises.</a>
10.30 – 11.00	Read something of your choice like a magazine, a book, whatever you like.
11.00 – 11.30	<b>Play:</b> Preferably outside if you can and run, jump, skip, and get your heart pumping.
11.30 – 12.00	Choose from the Activity Menu, or add your own choice
 <b>LUNCH</b> 12.00 – 1.00	<b>LUNCH AND PLAY</b> If the weather is good and you have a garden, eat outside. Run around if you can and burn off some energy, or go for a walk.
1.00 – 3.00	Choose from the <a href="#">Online Learning Menu</a> , or go to online learning provided by school, and aim for activities to last for approximately 30 mins. Remember to put in breaks to <b>PLAY</b> after each activity.
3.00 – 5.00	Choose from the Activity Menu in the previous pages, add your own ideas, and aim for activities to last for approximately 30 mins.
 5.00 – 6.00	<b>TEATIME</b>
6.00 – 8.00	<b>FREE TIME – FAMILY TIME</b>

## EXAMPLE OF AN ACTIVITY MENU FOR KS3




TIME	ACTIVITY
 <b>BREAKFAST</b> <b>8.00 – 9.00</b>	<b>BREAKFAST AND DRESS</b>
9.00 – 9.40	Learning Activity: Maths (or choose from the <a href="#">online learning</a> / school learning) Your thinking is sharpest in the morning, so if you've had a good night's sleep, exercise your brain and get those neurons firing!
9.40 – 10.00	Do some Yoga, or a Dance Work out. Bend, stretch and breath.
10.00 – 11.00	Reading Time: Read a book that you like.
11.00 – 11.20	Take a break outside if you can and go for a walk or a run.
11.20 – 12.00	Learning Activity: Write. Pretend you a journalist writing about what's happening now. Write a letter to yourself to read in 12 months' time. Start a journal/ diary and write about what you think. You can do this on a laptop if that's easier or dictate.
11.30 – 12.00	Choose from the Activity Menu, or add your own choice
 <b>LUNCH</b> <b>12.00 – 1.00</b>	<b>LUNCH AND RELAX</b>
1.00 – 3.00	Choose from the <a href="#">Online Learning Menu</a> , or go to online learning provided by school, and aim for activities to last for approximately 45 mins.
3.00 – 5.00	Choose from the Activity Menu in the previous pages, add your own ideas, and aim for activities to last for approximately 45 mins.
 <b>5.00 – 6.00</b>	<b>TEATIME</b>
6.00 – 8.00	<b>FREE TIME – FAMILY TIME</b>
8.00 – 9.00	<b>EVENING ROUTINE/ SLEEP TIME</b>



## EXAMPLE OF AN ACTIVITY MENU FOR KS4

TIME	ACTIVITY
 <b>BREAKFAST</b> <b>8.00 – 9.00</b>	<b>BREAKFAST AND DRESS</b>
9.00 – 10.00	Learning Activity: Maths
10.00 – 10.30	Do some Yoga, or a Mindfulness Activity. Relax and breath.
10.30 – 11.30	Learning Activity: English
11.30 – 12.00	Learning Activity: Science
11.20 – 12.00	Writing: Pretend you a journalist writing about what's happening now. Write a letter to yourself to read in 12 months' time. Start a journal/ diary and write about what you think. You can do this on a laptop if that's easier or dictate.
 <b>LUNCH</b> <b>12.00 – 1.00</b>	<b>LUNCH AND RELAX</b> <b>If you can, go for a walk</b>
1.00 – 3.00	Choose from the <a href="#">Online Learning Menu</a> , or go to online learning provided by school, and aim for activities to last for approximately 45 mins.
3.00 – 5.00	Choose from the Activity Menu in the previous pages, add your own ideas, and aim for activities to last for approximately 45 mins.
 <b>5.00 – 6.00</b>	<b>TEATIME</b>
6.00 – 8.00	<b>FREE TIME – FAMILY TIME</b>
8.00 – 9.00	<b>EVENING ROUTINE/ SLEEP TIME</b>

## 's ACTIVITY MENU

TIME	ACTIVITY
 <b>BREAKFAST</b> <b>8.00 – 9.00</b>	<b>BREAKFAST AND DRESS</b>
 <b>LUNCH</b>	<b>LUNCH</b>
	<b>FREE TIME</b>
 <b>TEATIME</b>	<b>TEATIME</b>
	<b>EVENING ROUTINE/ SLEEP TIME</b>