

What to do today?

You might be struggling to organise your time between school work, exercise, chores, TV, gaming, etc. Below is an example of how your day could look in order to take full advantage of the time you have at home.

Time	Activity	Description
08:00 – 09:00	Wake Up	Get up, get dressed, have some breakfast.
09:00 – 10:00	Exercise	This could be a walk, a bike ride, a YouTube workout video, etc. 
10:00 – 10:45	Lesson 1	Select a lesson from Frog, work through a section of a workbook, etc. 
10:45 – 11:00	Break	Get a drink, have a snack, etc.
11:00 – 11:45	Lesson 2	Select a lesson from Frog, work through a section of a workbook, etc. 
11:45 – 12:15	Reading	This could be related to your work, or it could be for pleasure. Pick something that interests you. Can you discuss what you have read for 10 minutes with someone in your house?
12:15 – 13:00	Dinner	Can you make your dinner?
13:00 – 13:30	Act of Kindness	Can you do something positive for someone in your house? It might be to get them a drink, help with some cleaning, phone a relative, etc. 
13:30 – 14:15	Lesson 3	Select a lesson from Frog, work through a section of a workbook, etc. 
14:15 – 14:30	Break	Get a drink, have a snack, etc.
14:30 – 15:15	Lesson 4	Select a lesson from Frog, work through a section of a workbook, etc. 
15:15	You	Do something that you want to do. This could be reading for pleasure, it could be some more exercise, it might be watching a film, etc.

