

Timetable: a plan for this week

I tried to think about what a timetable may look like for someone of your age, especially at a time when we are at home so much more.

This is just an example, so you may need to change it around, with the help of your parents, but do whatever works best for you !

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning ...am till ...am ...am till ...am							
Afternoon ...pm till ...pm ...pm till ...pm							
Evening ...pm till ...pm ...pm till ...pm							
The night ...pm till ...am	A GOOD NIGHTS SLEEP!						

Note : Don't forget to plan when you will take breaks, have fun, do homework, keep fit, read a book, or dance, sing, ... and certainly don't forget your « what's the weather like today » - exercise and the challenge of the week.