

Home learning checklist

Consistent routines are important for our wellbeing and with our home routines changing significantly it's important that we keep our mind and body healthy while home learning.



I woke up at a good time

M T W T F



I organised my equipment for the day

M T W T F



I had regular meals and drank water

M T W T F



I found time to stretch and move around

M T W T F



I went outside for some fresh air

M T W T F



I checked INSIGHT for homework

M T W T F



I submitted all assignments requested on Teams

M T W T F



I asked my teachers if I was unsure about something

M T W T F



I spoke to my family about how I am feeling and what I learned today. I asked them about their day

M T W T F



I helped with a household job

M T W T F



I found some quiet time to read a book

M T W T F



I contacted my friends to see how they are

M T W T F



North East
Learning Trust