

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.

keep our mind and body fleating while notice learning.							
	I woke up at a good time	М	Т	W	Т	F	
	I organised my equipment for the day	М	Т	W	Т	F	
$\Diamond$	I had regular meals and drank water	М	Т	W	Т	F	
	I found time to stretch and move around	М	Т	W	Т	F	
4	I went outside for some fresh air	М	Т	W	Т	F	
	I checked INSIGHT for homework	М	Т	W	Т	F	
iii	I submitted all assignments requested on Teams	М	Т	W	Т	F	l
?	I asked my teachers if I was unsure about something	М	Т	W	Т	F	
	I spoke to my family about how I am feeling and what I learned today. I asked them about their day	М	Т	W	Т	F	
	I helped with a household job	М	Т	W	Т	F	
	I found some quiet time to read a book	М	Т	W	Т	F	
	l contacted my friends to see how they are	М	Т	W	Т	F	
				<b>J</b>			
		I woke up at a good time  I organised my equipment for the day  I had regular meals and drank water  I found time to stretch and move around  I went outside for some fresh air  I checked INSIGHT for homework  I submitted all assignments requested on Teams  I asked my teachers if I was unsure about something  I spoke to my family about how I am feeling and what I learned today. I asked them about their day  I helped with a household job  I found some quiet time to read a book	I woke up at a good time  I organised my equipment for the day  I had regular meals and drank water  I found time to stretch and move around  I went outside for some fresh air  I checked INSIGHT for homework  I submitted all assignments requested on Teams  I asked my teachers if I was unsure about something  I spoke to my family about how I am feeling and what I learned today. I asked them about their day  I helped with a household job  I found some quiet time to read a book  M	I woke up at a good time  I organised my equipment for the day  I had regular meals and drank water  I found time to stretch and move around  I went outside for some fresh air  I checked INSIGHT for homework  I submitted all assignments requested on Teams  I saked my teachers if I was unsure about something  I spoke to my family about how I am feeling and what I learned today. I asked them about their day  I found some quiet time to read a book  M T	I woke up at a good time  I organised my equipment for the day  I had regular meals and drank water  I found time to stretch and move around  I went outside for some fresh air  I checked INSIGHT for homework  I submitted all assignments requested on Teams  I spoke to my family about how I am feeling and what I learned today. I asked them about their day  I found some quiet time to read a book  M T W	I woke up at a good time  I organised my equipment for the day  I had regular meals and drank water  I found time to stretch and move around  I went outside for some fresh air  I checked INSIGHT for homework  I submitted all assignments requested on Teams  I asked my teachers if I was unsure about something  I spoke to my family about how I am feeling and what I learned today. I asked them about their day  I found some quiet time to read a book  M T W T	I woke up at a good time  I organised my equipment for the day  I had regular meals and drank water  I found time to stretch and move around  I went outside for some fresh air  I checked INSIGHT for homework  I submitted all assignments requested on Teams  I submitted all assignments requested on Teams  I spoke to my family about how I am feeling and what I learned today. I asked them about their day  I helped with a household job  I found some quiet time to read a book  M T W T F

North East Learning Trust