

Student Timetable/Organiser

One of the biggest challenges that everyone is facing right now is keeping busy and having a structure to their days. At school this is easy as we are told when we have to be in, what classes to go to and little things like how long we have for break and lunch.

A useful thing that can help you organise your day a little better is a weekly timetable. This is very similar to your school timetable but you obviously have to take a lot more into account. Remember to include everything like breaks, eating, exercise, relaxation, family time etc. Not just your school work! Think about things that you need to do each day and try and fit them into an overall plan. This is something that can be done with your family or on your own.

Use the timetable below to structure your days. You may miss things out the first time you do it so continue to add and change. You might think something is going to take a full hour but only lasts 15 minutes. *So don't panic if you don't get it perfect first attempt.*

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--------|---------|-----------|----------|--------|----------|--------|
| 08.00 – 09.00 | | | | | | | |
| 09.00 – 10.00 | | | | | | | |
| 10.00 – 11.00 | | | | | | | |
| 11.00 – 12.00 | | | | | | | |
| 12.00 – 13.00 | | | | | | | |
| 13.00 – 14.00 | | | | | | | |
| 14.00 – 15.00 | | | | | | | |
| 15.00 – 16.00 | | | | | | | |
| 16.00 – 17.00 | | | | | | | |
| 17.00 – 18.00 | | | | | | | |
| 18.00 – 19.00 | | | | | | | |
| 19.00 – 20.00 | | | | | | | |
| 20.00 – 21.00 | | | | | | | |
| 21.00 – 22.00 | | | | | | | |

Example Organiser – **Example of a day**

| | |
|---------------|--|
| | Monday |
| 08.00 – 09.00 | Wake up and get ready. Eat Breakfast |
| 09.00 – 10.00 | Joe Wicks PE lesson |
| 10.00 – 11.00 | Morning tasks (feed dog etc...) <i>Free time once completed</i> |
| 11.00 – 12.00 | Science task from WHA Learning HUB |
| 12.00 – 13.00 | Reading |
| 13.00 – 14.00 | Help make lunch, eat & tidy up |
| 14.00 – 15.00 | Go for a walk/exercise outside |
| 15.00 – 16.00 | Social Subject task from WHA Learning HUB |
| 16.00 – 17.00 | Watch the news with family (daily update) |
| 17.00 – 18.00 | Help prepare tea, eat & tidy up |
| 18.00 – 19.00 | Chores (dishes/clean room) |
| 19.00 – 20.00 | Free Time (speak to friends/Netflix/Games/new skill.....) |
| 20.00 – 21.00 | Free Time (speak to friends/Netflix/Games/new skill.....) |
| 21.00 – 22.00 | Get ready for bed. |

Obviously this will be very different for every pupil depending on your interests, hobbies and responsibilities in the house.

You might get up later or go to sleep earlier – change the times and tasks to fit you!

Some things might take longer than others as well so don't worry if you do not stick to it minute by minute.

The aim of the organiser is to help **you** structure **your** day.