



Brandles Home Learning Guide

Before 9am	Wake Up	Have a shower/wash. Clean your teeth. Have breakfast. Get dressed.
9 – 10	Morning Physical Activity	It is important to still be physically active for our mental health. If you are isolated and don't have a garden, there are lots of youtube videos for workouts/yoga/stretching indoors.
10 – 10:30	Academic Time	Log on to Sam Learning or Teams and complete academic work that has been set for you.
10:30 - 11	Academic Time	Youtube or google an academic video that you can watch. This can be in any area.
11 – 11:30	Break	Rest up. Have a snack and a drink and some free time.
11:30 – 12	Academic Time	Log on to Sam Learning or Teams and complete academic work that has been set for you.
12 – 1	Lunch	Rest up. Have your lunch and some free time.
1 – 1:30	Quiet Time	Do some reading. This could be a book or a magazine or any reading material of your choice.
1:30 - 2	Chore Time	Help out around the house. Wipe down some surfaces or Hoover a room.
2 – 2:30	Academic Time	Log on to Sam Learning or Teams and complete academic work that has been set for you.
2:30 - 3	Creative Time	Do some drawing / colouring / yoga / Art / Lego / Building. This can be good for our mental well-being.
Past 3pm		This is your time. Help out around the house or help to prep dinner. Relax.

