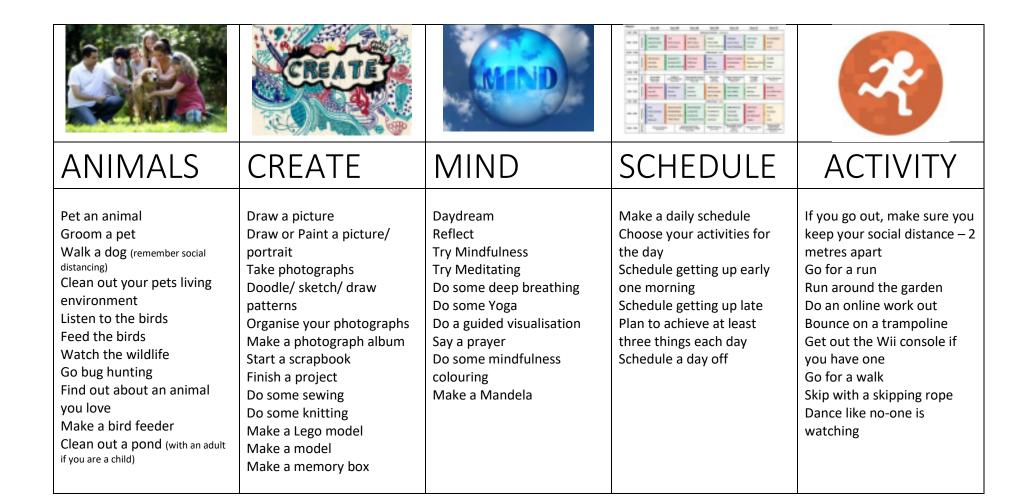


A MENU OF ACTIVITIES TO STRUCTURE ROUTINE AND TIME

ACTIVITY MENUE TO KEEP ACTIVE AND OCCUPIED

LOOK AFTER YOUR WELLBEING BY FINDING PURPOSEFUL BALANCE. MOST PEOPLE WILL FIND THE ADDITIONAL TIME THAT THEY NOW HAVE DIFFICULT TO MANAGE BECAUSE LIFE IS ORDINARILY ORGANISED AND WE ARE USUALLY SO BUSY. IN THE CURRENT SITUATION WE NOW HAVE MORE UNSTRUCTURED TIME THAN WE MAY BE USED TO. THIS ACTIVITY MENU MAY HELP YOU STRUCTURE YOUR TIME. FOR SCHOOLS, TRYING TO FIND ACTIVITIES THAT MEANINGFULLY FILL TIME IN THE ABSENCE OF LESSONS MAY FEEL CHALLENGING, BUT THIS ACTIVITY MENU MAY HELP YOU TOO. TRY AND CHOOSE AS A FAMILY, AS A CLASS, OR INDIVIDUALLY, FIVE ACTIVITIES EACH DAY. BEGIN WITH YOUR USUAL DAY TIME ROUTINE, HAVE BREAKFAST, THEN PICK ONE OR TWO ACTIVITIES TO COMPLETE FOR BEFORE LUNCH. IN THE AFTERNOON, TRY AND PICK ANOTHER ONE OR TWO ACTIVITIES AND WHEN YOU GET HOME, TRY AND PICK ONE MORE ACTIVITY. IF YOU ARE ENJOYING WHAT YOU ARE DOING IN ONE ACTIVITY, CARRY ON AND SIMPLY MOVE TO THE NEXT ACTIVITY WHEN YOU ARE READY. THE POINT IS, THIS MENU IS JUST THAT, ACTIVITIES TO CHOOSE FROM. IT DOESN'T MATTER IF YOU DON'T ACHIEVE FIVE ACTIVITIES AND IT'S OK TO COMPLETE MORE. THIS MENU IS MEANT TO BE AN AID TO HELP YOU THINK ABOUT HOW YOU COULD STRUCTURE YOUR TIME. THERE IS NO RIGHT OR WRONG, ADD YOUR OWN IDEAS AND HAVE FUN!

Dr Dawn Bradley www.summitpsychologyservices.co.uk





| | NEW | | LEARN | Plan Do Act Check |
|--|--|---|---|--|
| NATURE | TRY | CONNECT | LEARN | PLAN |
| | SOMETHING | WITH | | |
| | NEW | PEOPLE | | |
| Do some gardening Plant something and watch it grow Mow the lawn Plant some window boxes Sit outside | Try a new food Listen to some new music Watch something new Read a new book Listen to a new book Try a new dance Play a board game with your friends on Facetime or another virtual platform | Contact a friend Contact family Arrange a group chat Connect with a virtual platform and do something together like make a cake Write a letter Make a card and send it Reconnect with old friends | Learn something new Learn a new skill Complete some of your school learning Watch a video tutorial to learn how to do something | Create a budget Set a weekly goal Make a to do list Make a shopping list Make a birthday list Make a wish list |



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