

DAILY SCHEDULE

9:00-10:00	Get Up	Get up, get changed and get a good breakfast to start your day
10:00-11:00	School Work	Do schoolwork, study, read etc
11:00-11:15	BREAK	Have a break <u>Pray for something you are grateful for</u>
11:15-12:15	School Work	Do schoolwork, study, read etc <u>Try a different subject</u>
12:15-12:45	Activity Time	Try a puzzle or a brainteaser
12:45-13:45	LUNCH	Eat well <u>Pray for your friends and family</u>
13:45-14:15	Acts of Kindness	Offer to help with something around the house <u>Tidy your room, Hoover etc</u>
14:15-15:00	School Work	Do schoolwork, study, read etc <u>Different subject</u>
15:00-15:15	BREAK	Have a break <u>Pray for doctors and nurses</u>
15:15-16:00	Study Help	If you are finding yourself stuck on a particular question/topic send it over and we will see if we can help!
16:00-17:00	Exercise	Get up, get outside!
17:00-17:30	Free Time	Talk with people, facetime friends, call elderly relatives etc
17:30-18:30	DINNER	Eat well <u>Pray for our community and those in charge</u>
18:30-22:00	Free time	Spend time with those around you <u>Play board games, watch a film</u>
22:00-22:30	Screen Free Time	Put your phone away. <u>Read a book, do a devotion, pray</u>
22:30	Bedtime	Get to bed, get a good night's rest, ready to take on tomorrow!

For more information and resources check out www.logicmoira.com