

# Routine Challenge

**We set you this isolation challenge  
To keep those routines going, keeping our overall  
well-being at its best!**

# Importance of Sleeping Routines

Sleeping as a teenager is super important and it helps with our continuous brain development. We are constantly using our brains and therefore we need to ensure we look after them.

Try to lower your screen time, especially before sleeping.

No screen time an hour before you sleep, this should help you relax more before drifting off for sweet dreams

Try to get 8 hours sleep a night.

Make sure that when your up in the morning get ready to get out bed to start your day.

# Get out of your bed!

When you wake up, get out of your bed to get ready to start your day. If you stay in bed you may not be motivated to do anything. We know this isolation period is difficult for everyone but when we make every effort, we will feel better in ourselves!

Get out of bed

Brush your teeth

Having some well deserved breakfast to start the day.

Have a daily shower or bath to wake you up and get dressed.

# Hygiene

Remember hygiene is very important and especially during these times, where viruses and germs are about. Daily washing and bathing will help to keep all germs away! But not only for germs, but did you know teenagers develop new hormones over time and they change daily. So daily bathing can reduce a smell of odour and infections.

Wash your hands regular.

Bath or shower daily, giving your hair and body a good wash.

Change into fresh clothes.

Brush your teeth.

# School Work

Remember this is a situation we have never experienced before, don't get stressed, we are here to support. Email your teachers, remember if you feel lost, make a new timetable that works for you, so you can complete work and send it back in good time!

Make a timetable you can manage.

Have a goal of how many pieces of work to finish a day, this is led by you.

If you don't understand just ask!

Don't get yourself worked up, remember if your feeling anxious about what's happening outside and can't concentrate then talk to someone family or us!

## Exercise

Being isolated and stuck at home, can often make us feel tired and leave us with low motivation, this happens to everyone both adults and children. So that's why it's important to move when we can. We can do this by finding something fun to do and set goals along the way. This doesn't mean doing a full workout daily but have a look at the different fitness videos you can do daily for around 15-20 minutes or just make up your own.

Dance around to music for 20 mins.

Walk around the garden.

Check out the online free kids workouts to simulate you ready for your day.

**So you have the importance of routines! So what's your challenge may you ask? Well it's simple!!!!**

Use the templates on the next few slides to make a routine and write a daily dairy if you want to, tell us how your routine is going for you!

Things to write in your dairy are, how you feel when your routine is going well and your weekends? Well just rest and chill.

Good luck and don't forget if you need to talk or ask any questions we are here for you! Stay safe.

# Daily Routine

Use this as a grid guide, but you can also make your own.

| Date     | Subject     | Completed         | Notes                             |
|----------|-------------|-------------------|-----------------------------------|
| 30.01.06 | English     | Completed reading | Liked the book                    |
|          | Maths       | Still in progress | Will finish and send tomorrow.    |
|          | Btech Sport | Completed         | Sent back to teacher for marking. |
| 31.01.06 |             |                   |                                   |
|          |             |                   |                                   |
|          |             |                   |                                   |
|          |             |                   |                                   |



# Writing your thoughts and feelings

|               |  |
|---------------|--|
| Date 30.01.06 | <p>My Day</p> <p>To day I put my routine in place and I found it helped me to keep motivated, I have completed a lot of work.</p> <p>I spent time with my family, video linked with friends.</p> <p>I am feeling quite good today.</p> |
| Date 31.01.06 | <p>My Day</p> <p>I started really well today but then I got stuck on my work, but I remembered just to ask for help when needed, I now have all the information and feeling good about completing my work tomorrow. ....</p>           |

# Contacts to help if needed

NSPCC 0800 800 5000

Childline 0800 1111

[winfisi@blackwood.caerphilly.sch.uk](mailto:winfisi@blackwood.caerphilly.sch.uk) - Mrs Winfield

[MilesL@blackwood.caerphilly.sch.uk](mailto:MilesL@blackwood.caerphilly.sch.uk) - Mrs Miles

Dont forget your subject teacher if you struggle with lessons and Head of Year

Mrs Lane Year 10

Mrs Pitt Year 9

Mrs Jones Year 8

Mrs Cole Year 7