

DAILY SCHEDULE FOR YOUNG PEOPLE

Before 9am	Wake Up	Eat Breakfast, Make your bed, get dressed
9:00 - 9:30	Exercise & Daily Devotion	Start your day of with a walk or a run & time with God
9:30 - 10:30	Academic Time/ Work Time	Do school work, study, read... (No Phones)
10.30 - 10:45	Break	Have a break
10:45 - 11:45	Academic Time/ Work Time	Do school work, study, read... (No Phones) <i>Try a different subject</i>
11:45 - 12:30	Activity Time	Board games/ card games
12:30 - 13:15	Lunch	Eat Well
13:15 - 13:45	Acts of Kindness	Offer help around the house, Hoovering, dusting, tidy your room...
13:45 - 14:15	Quiet Time	Puzzles, Colouring, Reading
14:15 - 15:15	Academic Time/ Work Time	School Work and can use electronic devices
15.30 - 15:45	Break	Have a break
15:45 - 17:00	Exercise	Get up & Get Outside
17:00 - 17:30	Free Time	Talk with people, call elderly relatives...
17:30 - 18:30	Dinner Time	Eat Well Take time to pray for your local community
18:30 - 22:00	Free Time	Spend time with the people around you.
22:00 - 22:30	Screen Free Time	Read/ Pray/ Relax
22:30	Bed Time	Get some rest