



# Home learning routines

Name:

I woke up at a good time



I did some exercise



I had regular meals and drank water



I enjoyed some reading in a quiet space



I practised a maths skill



I completed some school work at my work space. I chunked it so I had some breaks too.



I talked to my family about my day and how I am feeling. I asked them about their day.



I helped with a household job and talked to my family while I did it.



I contacted my friends.



I spent some time on a creative hobby.



My parent/carer told me what I did well.



My goal:



My goal:

