

## Getting through the day

We have all had our lives turned upside down due to Coronavirus but slowly things are beginning to go back to normal. This may be a scary idea for a lot of you as you stayed safe at home with your family. Some of you have been coming into school throughout this situation because your grown-ups are keyworkers and we are so proud of how you have shown strength in doing this. But, some of your grown-ups may be going back to work soon and some of you may be getting ready to come back into school. Here are a few ideas to help you get ready. It is important to have a good routine to your day so:-



**SET THE ALARM TO WAKE YOU IN THE MORNING** -The noise that wakes you can be so annoying but it also kick starts your day, provided you don't hit snooze and go back to sleep. So pull back the duvet, get up and spring into the new day.



**GET WASHED AND DRESSED** -This is so important to get you motivated for the day. Now I would be lying if I said that I didn't love a duvet day, and these are fine once in a while, but to get yourself into a positive mindset, have a wash or shower and get your self dressed. Once washed and dressed you will feel prepared and ready to take on the day.



**EAT A HEALTHY BREAKFAST** -A great way to start the day is to eat a healthy breakfast. Fruit, cereal, toast and honey, washed down with a glass of milk, fruit juice or just fresh 'aqua juice' (water!). A perfect way to kickstart your body and mind into a productive day.



**MAKE A LIST** - I always find that my day runs well if I make a list of things I need to do. So try and make one for yourself. You can add in time to do home learning, breaktimes, relaxation or exercise time, time for jobs or chores that you might do to help your grown ups out, lunchtime and most of all bedtime! Tick off each activity as it is completed and you'll be amazed at how much you can do in a day! You may find it easier to mak your list in the evening for the next day or you may prefer to do it in the morning, there is no right or wrong way, you will find out what works for you.



**BEDTIME** -probably one of the most important times of the day, when you get to recharge your batteries! Having a good bedtime routine is essential to help you drift off to sleep and have pleasant dreams. So put down the screens - avoid screen time for at least an hour before bedtime. Have a warm bath, get those cosy pyjamas on, have a milky drink and ask a grown up to read you a bedtime story or if you are older you might like to read to yourself, this will help you go to sleep in a calm and peaceful way. Set yourself a time when you aim to be in bed and stick to it, it will really help.

Lastly, we don't know when we will all be back together at school but it's time to start getting yourself ready. Hopefully by following the ideas I've given suggested, when you do start back you will find the switch from being at home to being back at school a little easier.



TO DO LIST...

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