

STUDENT WELLBEING TIMETABLE – SAMPLE

	TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Early morning	7.00am -8.30am	Get up, get dressed, have breakfast, be at desk ready for the first lesson by 8.45am A walk around the block or garden might be a good way of replicating the school day and preparing students for work				
	8.45am-9.30am	Subject lesson as guided by your school				
Morning	9.45am-10.45am	Subject lesson as guided by your school				
	BREAK 10.45-11.15am	Fresh air/walk/healthy snack				
	11.15am – 12.00pm	Subject lesson as guided by your school				
	12.00pm-12.45pm	Subject lesson as guided by your school				
Lunch	12.45pm – 2.00pm	Fresh air & exercise slot - 30 minutes Lunch & non-school related conversation. If possible, change space away from the 'school' table.				
Afternoon	2.00pm -2.45pm	Mindfulness 5 minutes to refocus for the afternoon lessons Subject lesson as guided by your school				
	3.00pm-4.00pm	Subject lesson as guided by your school				
	After school activity	<ul style="list-style-type: none"> • 'Challenge Time' • Community-based act of kindness • Helping with chores 				
Night	Every evening would include homework, usual bedtime routine, preparing equipment and clothes ready for the next day and keeping in touch with friends and family					

NOTES:

- This sample wellbeing timetable can be adapted depending on the age of your child and as guided by your school. Monday has been filled in as an example
- Exercise opportunities are highlighted in yellow – these would be in addition to any physical activity lesson and are a critical part of the daily schedule
- This is something to create with your child in the first instance and will enable them in the future to manage their own time better
- It is important to schedule in short breaks between lessons to allow time to get new equipment, stretch and move, or go to the bathroom
- After school activity suggestions:
 - Challenge Time – this is a great chance to choose something difficult to focus on every day. Examples could be learning how to juggle, weeding the whole garden, do 50 keepy-uppies with a football, learn how to paint or speak another language
 - Community based acts of kindness – examples include taking an elderly neighbour's dog for a walk, mowing the lawn or delivering the shopping for someone less mobile
 - Chores – this could also be a chance to work together as a family and for your child to appreciate how hard housework is!