An Roinn Oideachais agus Scileanna
Department of Education and Skills

Example of Plan for the Day

During this time of school closure, your teacher(s) may have given you a structured timetable to follow. If not, you will need to design your own *Plan for the Day*. Remember to plan for schoolwork, physical exercise and household jobs as well as activities you enjoy, connecting with friends and family and taking some free time and food breaks throughout the day.

TIME	ACTIVITY	Tick when complete ✓

Remember to take breaks.
Break up the schoolwork routine with physical activities and creative/enjoyable activities.

Ullmhaithe ag An tSeirbhís Náisiúnta Siceolaíochta Oideachais
Prepared by the National Educational Psychological Service (NEPS)