



## Finding your own Daily Balance



Having structure and routine in our days can help us to feel more in control and cope with uncertainty. Building in time for important things such as exercise, selfcare and things we love to do can help us to ensure we look after ourselves, emotionally and physically.

The things that are important to us are different for everyone, so everyone's daily routine will be unique.

We can choose the template that suits us and will help us to remember to give our day balance. Together we can fill it with the activities we want to do each day.

If it helps:

- add specific time frames to each activity.
- create more activity cards to add the things that you like to do.

Each type of activity time is colour coded to make it easy for us to plan our daily routine, matching the activity colour to the timetable.

**Connected Time:** choose any activity, as long as we do it together, or give time to help or do things for our community or neighbours.

**Active Time:** daily exercise is really important as it can release energy and make us feel good.

**Learning Time:** we need to keep our brains active, it could be work set from school or learning a new skill.

**Mindfulness/Calm Time:** taking time to notice the world around us, how we feel and doing things that make us feel calm and happy has many benefits on our wellbeing.

## Daily Routine

Monday	Tuesday	Wednesday	Thursday	Friday
Mindful/Calming	Learning	Active	Together	Mindful/Calming
Learning	Together	Learning	Active	Learning
Together	Active	Mindful/Calming	Learning	Active
Active	Mindful/Calming	Together	Mindful/Calming	Together

## Daily Routine

Monday	Tuesday	Wednesday	Thursday	Friday
Mindful/Calming	Learning	Active	Learning	Mindful/Calming
Learning	Active	Learning	Active	Active
Active	Together	Mindful/Calming	Together	Learning
Together	Mindful/Calming	Together	Mindful/Calming	Together



For more information about how we work please visit: [www.suffolk.gov.uk/children-families-and-learning/pts/if](http://www.suffolk.gov.uk/children-families-and-learning/pts/if)



## Daily Routine

Monday

Tuesday

Wednesday

Thursday

Friday

Active

Active

Active

Active

Active

Learning

Learning

Learning

Learning

Learning

Together

Together

Together

Together

Together

Mindful/Calming

Mindful/Calming

Mindful/Calming


Mindful/Calming

Mindful/Calming



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Scooter




Play Tennis



Go for a walk



Play football



Play outside



Musical instrument




Geography




Science



Maths



ICT



Sewing



Construction project




Play a video game




Play a game of cards



Write a story



Yoga




Do something for others



Art



Read a book



Mindfulness



Dancing

Gardening

Cycling

Work out

Running

Reading

Writing

English

History

Learn a new skill

Baking

Craft

Cook a new recipe

Play a game

Puzzle

Gratitude Journal

Mindful breathing

Listen to music

Relax with Smelly Candles

Write a letter