

# HRSD SCHOOL AT HOME: MY DAILY ROUTINE

## “MAKING TIME” MESSAGES

### **TIME WITH GOD:**

Remember to start and end your day in prayer, giving thanks, praying for those in need, praying for loved ones (name them and think of them), praying for yourself. Look for the Spirit of Jesus in your home and name it. Remember that God is with us in all circumstances and this can be a very special time of growing closer to God. Read a bible story. The more we know about God, the closer we can get to God.

### **TIME WITH FAMILY:**

This is such a unique opportunity for us all to spend more time with our loved ones and get to know each other better. Work together, pray together, play together and enjoy the gift that each person is. Be creative with what you can do together. Get your parents to share stories of their childhood, ask older loved ones to share stories from their lives (It would be good to give your grandparents this task to keep them busy!).

### **TIME FOR LEARNING:**

Please use the HRSD “Learning from Home” pack that your teacher has sent you with some learning activities for each day. We will be in contact with families either by phone or internet to check how you are going.

***Remember that your teacher cares about you and we will be around to help you either online or over the phone.***

### **TIME BY MYSELF:**

Enjoy some time alone. It is nice to have time just to read, do a puzzle or some quiet activity. See how long you can sit quietly for and set yourself a little challenge of extending that time by 1-2 minutes each day.

### **TIME FOR MOVEMENT:**

Movement is great and important. Make sure you make time each day for some exercise. Mr Kayde will send you a PE task each week but there is so much more you can do to keep yourself fit and healthy. How about being a personal trainer for mum and dad and get them up and moving?

### **TIME FOR HOUSEWORK:**

What a great time to help cook and clean and keep the house looking lovely. You could take responsibility for certain jobs and make up a JOBS’ ROSTER. It would also be a great time to find all the hidden treasures in the back of cupboards and sort things out. Remember, that everyone in a family should have jobs to do as serving others is our Christian duty. It is one way that we show the Spirit of Jesus. (Remember that he taught us this when he washed his friends’ feet before the Last Supper)

### **TIME OUTSIDE:**

You can play in your garden and even do some gardening and outside jobs. Look at the sky, listen to the birds singing, have snail races, smell the roses.

### **TIME FOR A PERSONAL CHALLENGE:**

This could be something like learning to tie shoelaces and finally having time for the necessary '100 tries before you master it'. It may be a physical challenge you want to achieve or learning those X tables so your brain can do it easily. Your personal challenge may be something that you can achieve in a day, in a week or over a longer time. Write it down and what you need to do to achieve it and give it a big tick when you achieve it (and show off a little!)

### **TIME FOR THINKING OF OTHERS:**

We often act on our feelings, but we have to get better at acting on choices. Sometimes we have to choose to be good or do the right thing, even when we don't feel like it. Just like at school, we make good choices, we need to do that when we are at home. Even when times get tough, there will always be people in our community and world facing even tougher times. Is there anything you can think of that will help them now or in the future?

### **TIME FOR VARIETY:**

Make sure you do lots of different and interesting things so you don't get into a rut. Don't spend all your time looking at screens or you will melt your brain!

### **TIME FOR CREATIVITY:**

Music and dancing, art work and writing – let your creativity flourish! Build something with recycled products, record yourself singing or dancing, put on a show for your family.

### **TIME FOR KEEPING CLEAN:**

Don't forget to brush your teeth and shower daily! Just because you are at home doesn't mean you won't get smelly!

### **TIME FOR HEALTHY EATING:**

Good healthy food will make you feel better and keep your body strong and healthy. Try to stick to healthy eating between 8.00 am and 2.20 pm just like you do at school.

### **TIME TO SLEEP:**

Keep to your same bedtime and at night. This keeps you healthy in  
We can't wait until we see you all your special time at home.



routines so that you can sleep well mind and soul.  
again and hear about how you used