**Daily Routine Secondary Example**

This is an example of how you could organise each day. Days could look the same or change depending on what else is happening

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|  | **Wake up till break**  Things you could do | **Break till Lunch**  Things you could do | **Lunch** | **Lunch till mid afternoon**  Things you could do | **Mid afternoon till dinner**  Things you could do | **Dinner** | **Evening**  Things you could do | **Hour before bed**  Things you could do |
| **Monday** | Exercise  Breakfast  Chores | Learning for  2 hours |  | Learning for  2 hours | Help make dinner  Help with garden  Take dog out |  | Talk to friends  Hobby, listen to music, read a book, watch TV | Mindfulness/  relaxation |
| **Tuesday** | Exercise  Breakfast  Chores | Learning for  2 hours |  | Talk to friends  Hobby, listen to music, read a book, watch TV | Help make dinner  Help with garden  Take dog out |  | Learning for  2 hours | Mindfulness/  relaxation |
| **Wednesday** | Breakfast  Learning for  2 hours | Exercise  Chores |  | Talk to friends  Hobby, listen to music, read a book, watch TV | Help make dinner  Help with garden  Take dog out |  | Learning for  2 hours | Mindfulness/  relaxation |
| **Thursday** | Breakfast  Learning for  2 hours | Learning for  2 hours |  | Exercise  Chores | Help make dinner  Help with garden  Take dog out |  | Talk to friends  Hobby, listen to music, read a book, watch TV | Mindfulness/  relaxation |
| **Friday** | Exercise  Breakfast  Chores | Talk to friends  Hobby, listen to music, read a book, watch TV |  | Learning for  2 hours | Help make dinner  Help with garden  Take dog out |  | Learning for  2 hours | Mindfulness/  relaxation |