

END OF THE DAY CHECKLIST FOR ONLINE LEARNING

Make your wellbeing a
priority

1 REFLECTION TIME

Take a moment to think about your day and what went well.

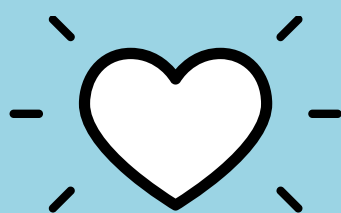


2 LET IT GO

Acknowledge one thing that was difficult today and take a deep breath. Hold the breath and then breathe out slowly. Think about what you have learnt from this experience.

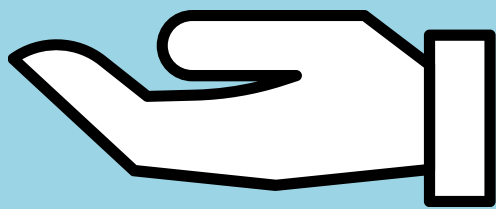
3 THINK OF THE GOOD

Tell an adult the three things that went well today?



4 HOW ARE YOU?

Talk with your friends. Ask them what they have enjoyed today.



5 TIME

Talk with Mum or Dad about your work plan for the following day. Take advice. Get tips.



6 TURN OFF

Take the time to play outside and have fun.
Switch your computer off.
REST, EAT and RECHARGE.

EARLY YEARS AND PRIMARY
SCHOOL