# **QUAROUTINE - THE ARMADALE WAY**

## 3.30pm

Complete a random act of kindness - e.g. help around house, check in on family via video/phonecall

### 2pm

Active learning task bake, cook for family, draw, paint, create, design a home workout

## 10pm

Get to bed! We need you fully recharged for the next day of quaroutine!

#### 8am

Wake up, shower, get dressed, eat breakfast, get organised



## 1pm

Have lunch, listen to a Spotify playlist, watch a Netflix episode (don't forget the dishes though!)

#### 11am

Get online, check TEAMS, interact with class and teacher, complete digital learning challenges

#### 8.30am

Get online, check TEAMS, interact with class and teacher, complete digital learning challenges

#### 10.30am

Take a break, listen to a podcast, read a chapter of a book, talk to a friend or family member