

Post 16— Life Skills Schedule

**Before
9:00**

Wake Up

Make your bed, eat breakfast, get dressed and sort dirty clothes for washing.

**9:00-
10:00**

**Help with
house
work**

Bedroom tidy or other chores in the house.
Eg. Wash car, tidy garden, wash and clean floors, sort/fold washed clothes.

**10:00-
11:00**

**Morning
Walk**

Have a healthy morning walk with your Family or exercise video on YouTube
Eg. Lean in 15 workout or BHF Exercise

**11:00-
12:00**

**Work
time**

Catch up on news—Eg. Newsround. Think of some recipes to make for lunch/ dinner.
See list of Websites on School Website

**12:00-
13:00**

Lunch

Prepare lunch, clean, tidy up and have some time to self

**13:00-
14:00**

**After-
noon
fresh air**

Take the dog for a walk, go to the shop for food.

**14:00-
15:00**

**Relaxa-
tion time**

Relaxation colouring, listening to music, look at magazines—create a collage with favourite things, look over photos taken.

This is just a suggested timetable for school days to keep to a form of routine. These are just suggested activities .

Please also embed regular communication time with families and friends when possible. Please encourage our young people to check in on neighbours and older members of the community if at all possible.

As a suggestion we would encourage a limit to screen time per day.

Thank you for your continued support

Castle Tower Post 16 Department