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If your routine has been shaken up, like you’re now working from home, it’s good to structure your time. Routines are reassuring, and promote health and physical wellbeing. The below timetable (targeted at children) could be something your household adapts to use over the next weeks. A school holiday version will likely look a little different, but some form of routine will still be important as we go through the lockdown period.*   ***Daily Schedule***   |  |  |  | | --- | --- | --- | | Before 9:00am | Wake up | Eat breakfast, make your bed, get dressed, put any dirty clothes in the laundry | | 9:00-10:00 | Morning walk | Family walk with the dog, bike ride, Yoga if it’s raining | | 10:00-11:00 | Learning at home | School-led learning or Sudoku, books, flash cards, study guide, journal etc | | 11:00-12:00 | Creative time | Legos, magnatiles, drawing, crafting, play music, cook or bake etc. | | 12:00 pm | Lunch :) | | | 12:30 | Helping at home | # wipe all kitchen tables and chairs # wipe all door handles, light switches and desk tops # wipe both bathrooms - sinks and toilets | | 1:00-2:30 | Quiet time | Reading, puzzles, nap, radio NZ stories | | 2:30-4:00 | Learning at home | School-led learning or iPad games, Prodigy, Educational show | | 4:00-5:00 | Afternoon fresh air | Bikes, walk the dog, play outside | | 5:00-6:00 | Dinner :) | | | 6:00-8:00 | Free TV time | Kids shower time | | 8:00 | Bedtime | All kids | | 9:00pm | Bedtime | All kids who follow the daily schedule & don’t fight |   *\*Adapted from a resource developed by Jessica McHale Photography*   *There are links below to more wellbeing information to support your family during the lockdown.*   *Some good news to support you either working at home and/or studying at home - Spark, Vodafone, Vocus/Slingshot, 2Degrees and Trustpower have all advised they have removed their data caps and the possibility of any extra charges based on usage.*     *A big thank you to all of you for taking the lockdown so seriously. As the Prime Minister has noted s*taying at home will break the chain and save lives; breaking the rules could risk someone close to you and if the rules are not complied with, this could risk the lock down period being extended or could risk the virus being spread to thousands   *As always watch our facebook page for update.*   *Ngā mihi*  **Information and resources to support wellbeing and support learning at home**   * The Ministry of Education has developed a resource for parents, caregivers, whānau and family - [http://education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/](https://govt.us3.list-manage.com/track/click?u=2f59fcd18a691d315b5a045cb&id=bb33b938d8&e=efb3dfa89b). * The Ministry of Health’s website includes [Top ways to look after your mental wellbeing](https://govt.us3.list-manage.com/track/click?u=2f59fcd18a691d315b5a045cb&id=4eeddd85ff&e=efb3dfa89b) during the Covid-19 lockdown. * I AM HOPE is the youth and community focused support group run by The Key to Life Charitable Trust, started by Mike King - [https://www.iamhope.org.nz/](https://govt.us3.list-manage.com/track/click?u=2f59fcd18a691d315b5a045cb&id=89c8c1ed9a&e=efb3dfa89b) * Nathan Wallis has some helpful videos on his Facebook page for parents and whānau - [https://www.facebook.com/nathanwallisxfactoreducation/](https://govt.us3.list-manage.com/track/click?u=2f59fcd18a691d315b5a045cb&id=6bcb8e3680&e=efb3dfa89b) - * Tips on looking after mental health and wellbeing during COVID-19 from the Mental Health foundation [https://www.mentalhealth.org.nz/get-help/covid-19/](https://govt.us3.list-manage.com/track/click?u=2f59fcd18a691d315b5a045cb&id=e7a9228ede&e=efb3dfa89b) * a website by the Health Promotion Agency to help New Zealanders recognise and understand depression and anxiety - [https://depression.org.nz/covid-19/](https://govt.us3.list-manage.com/track/click?u=2f59fcd18a691d315b5a045cb&id=61a06187f2&e=efb3dfa89b) * Although overseas-based this is a good list and highlights some things particularly important for children. Remember the rules of New Zealand’s level 4 lockdown still apply -  [25 Mental Health Wellness Tips during Quarantine from Eileen M Feliciano, Psy.D.](https://govt.us3.list-manage.com/track/click?u=2f59fcd18a691d315b5a045cb&id=85b52ac7b3&e=efb3dfa89b) | | | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | | | | | | |