Lots of people have to do something different at home whilst the UK contains the COVID-19 virus. This means that, for a lot of people, their routine is disrupted. This can cause a lot of anxiety and frustration. This timetable is designed to help organise the day in a way that can be chosen by you.

The jobs have been sorted into four categories, to help promote your physical and mental wellbeing. The idea is that you can choose as many or as few jobs as you like in a day, and what order you would like to do them in. This will help give structure to your day and give you back some control.

There are different templates that you might want to use with this, but it is entirely up to you as to how you use it.
Healthy Brain Jobs

call a friend
FaceTime a friend
do some colouring
listen to a story

practice the `Sign of the Day`
spend time outside
learn something new
Healthy Home Jobs

- Wash clothes
- Change bed sheets
- Clean kitchen
- Unload dishwasher
- Clean bathroom
- Hoover
- Cook a meal
Healthy Body Jobs

- yoga video
- walk the dog
- exercise video
- go for a walk
- gardening
- go for a run
- dance video
Happy Jobs

- bake a tasty treat
- watch a film
- play on the Xbox/Playstation/Wii
- play on the tablet
- arts & crafts
- read a story
- sing-a-long video
<table>
<thead>
<tr>
<th>AM</th>
<th>PM</th>
<th>Night</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Brain" /></td>
<td><img src="image" alt="Sun" /></td>
<td><img src="image" alt="Moon" /></td>
</tr>
<tr>
<td>Healthy Brain job</td>
<td>Healthy Body job</td>
<td>Healthy Home job</td>
</tr>
</tbody>
</table>
What jobs am I going to do today?

- Healthy Brain jobs
- Healthy Body Jobs
- Healthy Home jobs
- Happy jobs
What jobs am I going to do today?

<table>
<thead>
<tr>
<th>Healthy Brain jobs</th>
<th>Healthy Body Jobs</th>
<th>Healthy Home jobs</th>
<th>Happy jobs</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Brain Icon]</td>
<td>![Physical Activity Icon]</td>
<td>![Home Icon]</td>
<td>![Happy Face Icon]</td>
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paint nails
play catch
play football in the garden
play a board game
play cards
listen to music
write a story
dust the house
sort out the recycling
play with Lego
play an instrument
make a puppet show
These are all the jobs I have done today!