

## **SOCIAL DISTANCING TIMETABLE**

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.



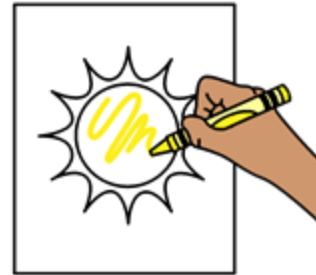
## Healthy Brain Jobs



call a friend



FaceTime a friend



do some colouring



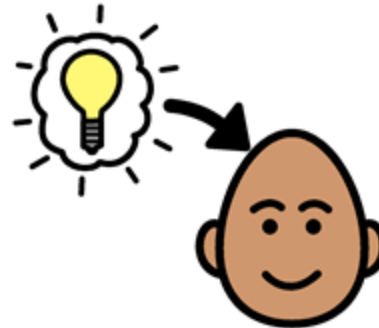
listen to a story



practice the `Sign of the Day`



spend time outside



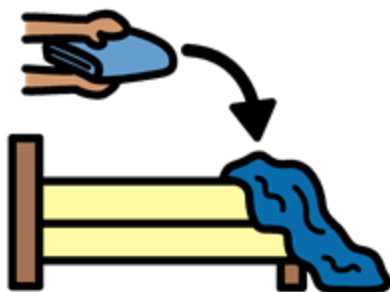
learn something new



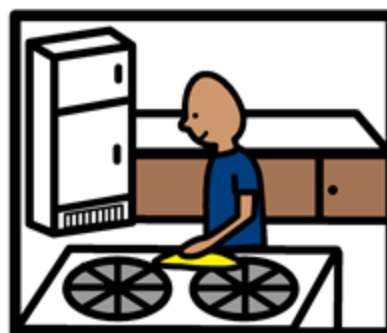
## Healthy Home Jobs



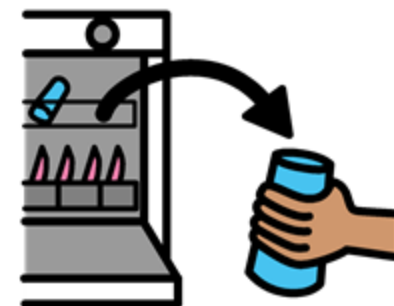
wash clothes



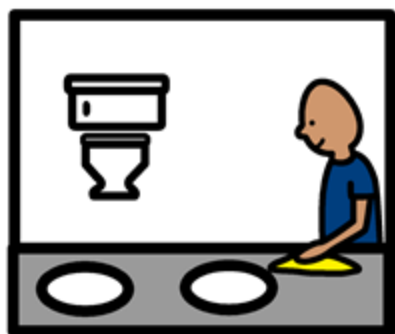
change bed sheets



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



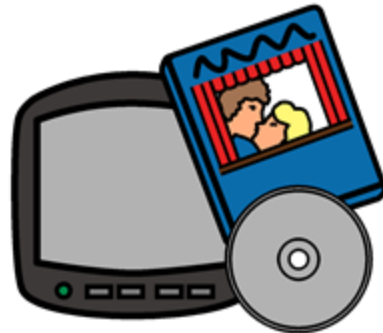
dance video



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

AM



PM



Healthy Brain job



Healthy Body job



Healthy Home job



Happy job

AM



PM



Healthy Brain job



Healthy Body job



Healthy Home job



Happy job

AM



PM



Healthy Brain job



Healthy Body job

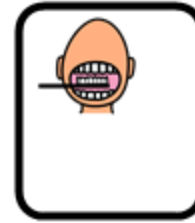
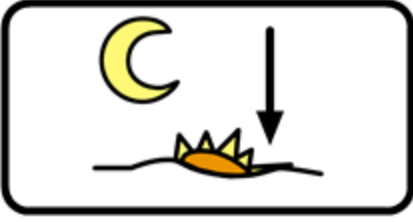


Healthy Home job



Happy job







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?



Healthy Brain jobs



Healthy Body Jobs



Healthy Home jobs



Happy jobs

Blank box for listing jobs under 'Healthy Brain jobs'.

Blank box for listing jobs under 'Healthy Body Jobs'.

Blank box for listing jobs under 'Healthy Home jobs'.

Blank box for listing jobs under 'Happy jobs'.

Blank box for listing jobs under 'Healthy Brain jobs'.

Blank box for listing jobs under 'Healthy Body Jobs'.

Blank box for listing jobs under 'Healthy Home jobs'.

Blank box for listing jobs under 'Happy jobs'.



paint nails



play catch



play football in the garden



play a board game



play cards



listen to music



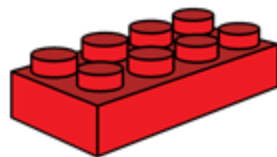
write a story



dust the house



sort out the recycling



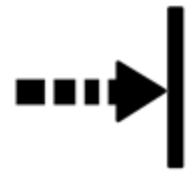
play with Lego



play an instrument



make a puppet show



These are all the jobs I have done today!

