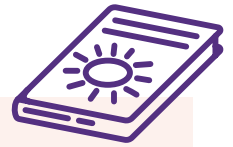


# OUR HOME-LEARNING PLANNER

Having a simple daily plan can make a big difference when it comes to working and learning from home. Add your names at the top of each column, then map out what you'd like to do for the day! For feel-good tips, see page 2.



<b>MONDAY</b> <b>RĀHINA</b>					
Morning					
Lunch					
Afternoon					
Evening					



<b>TUESDAY</b> <b>RĀTU</b>					
Morning					
Lunch					
Afternoon					
Evening					



<b>WEDNESDAY</b> <b>RĀAPA</b>					
Morning					
Lunch					
Afternoon					
Evening					



# OUR HOME-LEARNING PLANNER

<b>THURSDAY</b> <b>RĀPARE</b>					
Morning					
Lunch					
Afternoon					
Evening					



<b>FRIDAY</b> <b>RĀMERE</b>					
Morning					
Lunch					
Afternoon					
Evening					

## Weekend check-in

Have a chat about your week!

- What was lots of fun?
- What did we learn?
- What was something that went well?
- What are we grateful for?
- What's something we'd like to do next week?



## Tips for feeling good

If you can, stick to normal routines like school lunches and bed-times. You may also like to add a few of the Five Ways To Wellbeing, for a simple daily boost.

- **Connect:** Is there something relaxing or fun you can plan together?
- **Be active:** Move around when you can. Play outside and get creative!
- **Keep learning:** Be curious. Is there a cool book you can read? What can you learn or try?
- **Give:** Smile and be kind whenever you can. Help someone out. Kindness feels good!
- **Take notice:** Tune into your senses, breathe, and take time to notice the little things.

For further wellbeing tips and tools, head to [allright.org.nz](http://allright.org.nz)

**ALL RIGHT?**

**Sparklers**  
Helping tamariki live brighter