

STUDY & WELLBEING SCHEDULE



TIP - TRY AND STICK TO YOUR USUAL WAKE UP ROUTINE.



TIP - IT'S IMPORTANT TO TAKE REGULAR BREAKS.

WASH YOUR HANDS REGULARLY.

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY



TIP - IT'S IMPORTANT TO HAVE FREE TIME. EXAMPLE ACTIVITIES - READING, MEDIATION, STRETCHING, TAKE A BATH, TIDYING UP STUDY SPACE.



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TIMES	ACTIVITY



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