



Dallimore Primary and Nursery School

Supporting home learning routines

Use the below chart to help create a consistent, daily routine. This is important for positive mental health and wellbeing.

M T W T F



I woke up at a good time.

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I did some exercise.

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I had regular meals and drank water.

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I enjoyed some reading in a quiet space.

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I practised a maths skill.

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I completed some school work at my work space.
I chunked it so I had some breaks too.

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I talked to my family about my day and how I am feeling.
I asked them about their day.

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I helped with a household job and talked to my family while I did it.

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I contacted my friends.

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I spent some time on my creative hobby.

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My parent/carer told me what I did well.

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My goal:

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My goal:

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Talk with TRUST

TRUST ideas will help your child's thinking and learning as you are doing jobs together.

I LOVE helping in the kitchen!

Could you be in charge of dinner tonight?



T Take turns to talk about what you are going to do



R Recap the plan as you are working



U Use lots of encouragement



S Share and talk about experiences that will help



T Tune-in and be interested

