



## PARENTS AND STUDENTS OF HELENA HIGH

Routines are an important component to maintaining mental health. The HHS counseling department wants to encourage all our students to maintain a routine schedule of some sort, to increase productivity and sustain wellbeing during the mandated school closures. Below you will find a suggested schedule that accomplishes just that. Stay in touch and reach out if you have any questions!

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|----------------------|---|--|
| <u>By 9:00 am</u>    | <b>Wake Up</b><br>                   | Eat Breakfast, get dressed for the day, make your bed. This will help your body know it is the start of a new day and it will help wake your brain up!   |
| <u>9:00-11:00 am</u> | <b>Academic Time</b><br>             | Log in to your school e-mail and begin your work for the day. We suggest working on your first 3 classes of the day, during this time. <i>**Pro Tip- write down your goal for each class period, so you can mark them completed when done!</i>   |
| <u>11:00- 12:00</u>  | <b>Physical Break</b><br>            | Take time to do something physical. Go for a walk/hike outside. If the weather is bad, use the internet to find an at home yoga practice. <i>**Pro Tip- Make a goal to drink 16 oz of water and get at least 15 minutes of fresh air during this time. Your brain will thank you!</i>                            |
| <u>12:00-12:30</u>   | <b>Lunch</b>  | Eat lunch, relax   |
| <u>12:30-2:30pm</u>  | <b>Academic Time</b><br>           | Log back into your school e-mail and continue work for the day. We suggest working on your next 3-4 classes of the day during this time. <i>** Pro Tip- when this time period is over, review all work you completed for the day. If you have tasks left over, put them on a "Homework" List for the evening</i> |
| <u>2:30-3:30</u>     | <b>Chore Time</b><br>              | Do something physical in your home or outside. Clean out your drawers/closet, vacuum/do laundry, or find a project outside!  |
| <u>3:30-5:30 pm</u>  | <b>Free Time</b><br>Relaxation<br> | Do whatever makes you happy! Self-care is always important, and now you have built in time for it.   |
| <u>5:30-6:30 pm</u>  | <b>Dinner</b>   |  |
| <u>6:30-7:30</u>     | <b>Homework</b><br>                | If you have any left-over work for the day, get it done NOW. This is also a good time to sit down with your parents/guardians and review what you did for school during the day. E-mail teachers or school staff if you have questions!!   |
| <u>10:00 pm</u>      | <b>Bedtime</b><br>                 | Keep your body in a good sleep routine. By getting to bed at a consistent time, every night, you are allowing your body to know that rest is coming, and the day is ending.  |