

# Sticking to a Schedule

In the past, the daily grind of the school day might have felt exhausting or frustrating -- so much of your time was scheduled for you, leaving you with little control. Now, with schools closed around the world, millions of students are taking on the challenge of managing their own time. This can be a great opportunity for you to learn what kind of schedule works best for you and to demonstrate that you can handle the challenge!

## Why do I need a schedule? I'm pretty happy without one!

Sleeping late and relaxing can feel great at first, but after a while, too much unstructured time can leave you feeling bored and aimless. A schedule can help you prioritize important activities you need to do (like sleeping, eating well, and getting your schoolwork or chores done), and also make room for activities that help you feel good (like connecting with friends, getting exercise, practicing mindfulness, and spending time on hobbies). This worksheet will help you get started with a routine.

## How does it work?

1. Use the Activity Bank at the end of this guide to help you think of activities you may want to do, need to do, or benefit from doing.
2. Think about your ideal schedule. Are you better off doing academic work in the morning or afternoon? When are your friends available to connect? Start plugging activities into your schedule based on your strengths and individual circumstances.
3. Identify a reward. Planning a reward will make it more likely that you will stick to your plan.

If you prefer to work online, you may enjoy [schedulebuilder.org](https://schedulebuilder.org). You do need an email address to register, but then the service is free.

## Pro tips

- Try to find a balance of things you need to do, want to do, and things that may be hard to do but will make you feel good later.
- Be realistic and patient with yourself. Even if you really want to stick to a routine, it can take time to change habits.
- There are lots of ideas for different activities at the end of this sheet, but be sure to include your own ideas.
- Work with an adult who can help you decide what to focus on. They might also be able to help keep you on track and help with a reward.
- Remember if something isn't working, you can change it or wait until next week and create a whole new schedule.

## Example Schedule

This student has made a plan for how to spend their time each day of the week. They have added a mix of things they have to do, and things they want to do. Some of their ideas are from the Activity Bank on page 4, and they have added some activities that are specific to their situation. They have also set a reward.

Week of: April 13

Time	Activity	Mon	Tues	Wed	Thurs	Fri
8AM	Wake-up, shower, breakfast					
9AM	Schoolwork					
10AM	Creative Learning: <a href="#">Crash Course</a>					
11AM	Schoolwork					
12PM	Social connection: Lunch date with a friend on Skype					
1PM	Chores					
2PM	Creative time: Drawing					
3PM	Getting active: 30 minute run or workout					
4PM	Video Games: Animal Crossing					
5PM	Netflix show or YouTube					
6PM	Family dinner and help clean up					
7PM	Meaningful activity: Read to little brother or call grandparents					
8PM	Getting active: Walk the dog					
9PM	Social connection: Chat with friends online					
10PM	Mindfulness: Do a meditation Listen to a favorite podcast / relaxation					
11PM	Get ready for bed, read a book, bedtime					
REWARD: If I get 50 check marks this week, I will watch a favorite movie.						

## My Schedule

Week of:

Time	Activity	Mon	Tues	Wed	Thurs	Fri
REWARD:						

# Activity Bank

Here are some ideas to hopefully inspire your schedules. Feel free to use ideas from here, and also come up with your own ideas and activities. Have fun!



## Creative Learning

- [Crash course](#)
- [CGP Grey](#)
- [Numberphile](#)
- [Periodic Videos](#)
- [SciShow](#)
- [Minute Physics](#)
- [Veritasium](#)
- [Learn to code](#)
- [Learn to change a tire](#)
- [Learn to fix a leaky faucet](#)



## Getting Active

### [Behavioral Activation Ideas for Teens](#)

- [Livestream workout class](#)
- Pushups, sit-ups or jumping jacks
- Walk, jog or ride a bike
- Walk up and down staircases
- Dance to a favorite playlist



## Social Connection

- Have video lunch dates
- Call extended family
- Write letters or postcards to friends
- Email your favorite teacher
- Write a story collaboratively with friends on google docs



## Mindfulness Activity

- [Mindfulness activities for teens](#)
- [Guided meditations for teens](#)
- [Free 21 day meditation class](#)



### **Creative Time**

[Bake easy peanut butter chocolate cookies](#)

[Draw / Color](#)

Craft

[Internet art lessons](#)

[Photography](#)

Plant seeds

Do a puzzle

[Make slime](#)

[Learn to play music](#)

Journal

Study a new language

Create a virtual scavenger hunt



### **Meaningful Activity**

Consider your family's most important values (family, physical fitness, friendship, spirituality, etc.) and work to incorporate these values into your schedule!