



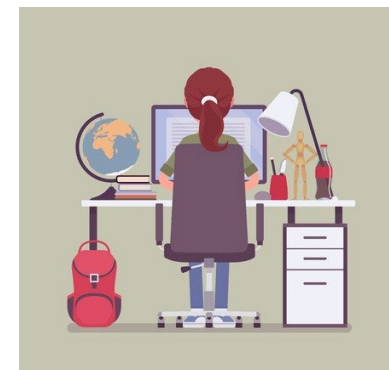
Daily Planner

This daily planner has been designed to help students organise their work and ensure they are looking after their well-being. This planner is designed for Middle and Senior Students at The English College.

Date:

Before 08:00: Wake up, have breakfast, get showered, make my way to my working area, check emails.


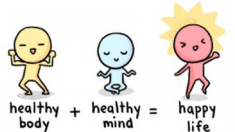
Lesson 1: 08:00-09:00	Subject: WWW: EBI: Next steps:	Lesson 4: 11:30-12:30	Subject: WWW: EBI: Next steps:
Lesson 2: 09:05-10:05	Subject: WWW: EBI: Next steps:	Lunch: 12:30-13:15	Eat, relax
Break: 10:05-10:25	Eat, relax	Lesson 5: 13:15-14:15	Subject: WWW: EBI: Next steps:
Lesson 3: 10:25-11:25	Subject: WWW: EBI: Next steps:	Lesson 6: 14:20-15:20	Subject: WWW: EBI: Next steps:



Learning Checklist:

- Tidy working space
- Access to laptop/computer and internet
- Phone away
- Quiet environment

Wellbeing

	<p>Breakfast</p> <input type="checkbox"/> <input type="checkbox"/>	<p>Lunch</p> <input type="checkbox"/> <input type="checkbox"/>	<p>Dinner</p> <input type="checkbox"/> <input type="checkbox"/>	<p>Snacks</p> <input type="checkbox"/> <input type="checkbox"/>	<p>Water</p> <input type="checkbox"/> <input type="checkbox"/>
	<p>Have you relaxed?</p> <input type="checkbox"/> <input type="checkbox"/>	<p>Have you been active?</p> <input type="checkbox"/> <input type="checkbox"/>	<p>Have you been creative?</p> <input type="checkbox"/> <input type="checkbox"/>	<p>Have you been helpful?</p> <input type="checkbox"/> <input type="checkbox"/>	<p>Have you been social?</p> <input type="checkbox"/> <input type="checkbox"/>

Who to turn to for help...



- ✓ Email teachers
- ✓ Email your tutor or a member of the Leadership Team.
- ✓ Check google classroom.
- ✓ Check D6.
- ✓ Check the school website:
<https://www.englishcollege.ac.ae/distance-learning-2/>
- ✓ Speak to your peers in the EC community.

Today I have most enjoyed:

Today I am thankful for:

Today I have spoken with:

