Building Your Daily Routine

Routines are helpful in maintaining physical health, social lives, and sanity while staying home. Here, we've made a few suggestions for activities that could be part of your daily routine to help you maintain structure, stay entertained, and find new sources of motivation! On page 2, you'll have an opportunity to build your own daily routine.

1 DO SOMETHING HEALTHY

Maintaining healthy habits is important to physical and mental health. Build in one healthy habit into your daily routine.

Ideas: Get a good night's rest, drink a glass of water, or watch a Move This World video.

4 SHOW KINDNESS

When we are kind to others, we create a stronger community. This helps us feel safe amidst stressful times. Devote time towards one kind gesture every day.

Ideas: Help a family member prepare a meal, or thank your teachers for their time.

2 HAVE SELF COMPASSION

These uncertain times can impact our emotions. Be sure to build in one habit each day, just for you.

Ideas: Go for a walk, engage in morning meditation, or watch an episode of your favorite show.

5 FIND INSPIRATION

The stress brought on by the pandemic can weigh on us. It's important to acknowledge what that means for you, and build moments for inspiration.

Ideas: Tune into "Some Good News" for a laugh, tap into artistic abilities, or read stories of heroic figures.

3 GET YOUR SCHOOL WORK DONE

Organizing your time can help you maintain motivation. Create a schedule to map out the time focused on school work.

Ideas: Set an alarm on your phone to remind you of your class times, or connect with classmates virtually for study groups.

6 CONNECT

Being away from friends and classmates can be difficult. Find one way to stay connected with those you care about.

Ideas: Reach out with a text message, share a funny video, or Facetime a friend!

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Using the suggestions on Page 1 for inspiration, write down habits you can build into your daily routine!

Morning

Afternoon

Evening