**Keep a record of tasks completed in a journal**

We are in lockdown which means that schools are closed. As a student, you have to learn from home until it is safe enough to come into school again.

So, as a teacher, I hope that you are all helping your parents to do jobs in the house and that you are all helping to prepare a few meals each week.

Think about your time in lockdown and fill in this table as best you can. Tick if it’s a yes. X is it’s a no. Write a ‘?’ if you are not sure. Write the date along the top of the table.

If you can think of any more tasks, please include them at the end of the table.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Job** | /4/2020 | /4/2020 | /4/2020 |  |  |  |  |  |  |
| I helped to prepare a meal |  |  |  |  |  |  |  |  |  |
| I made my bed this morning |  |  |  |  |  |  |  |  |  |
| I brushed my teeth without being reminded |  |  |  |  |  |  |  |  |  |
| I helped to hoover |  |  |  |  |  |  |  |  |  |
| I showered/ bathed today |  |  |  |  |  |  |  |  |  |
| I helped to tidy the house |  |  |  |  |  |  |  |  |  |
| I tidied up after myself |  |  |  |  |  |  |  |  |  |
| I helped in the garden |  |  |  |  |  |  |  |  |  |
| I washed the dishes |  |  |  |  |  |  |  |  |  |
| I folded some clothes |  |  |  |  |  |  |  |  |  |
| I offered to make someone in my family a cup of tea/ coffee/ water |  |  |  |  |  |  |  |  |  |
| I did some schoolwork |  |  |  |  |  |  |  |  |  |
| I read a book |  |  |  |  |  |  |  |  |  |
| I connected with friends on social media |  |  |  |  |  |  |  |  |  |
| I took up a new hobby |  |  |  |  |  |  |  |  |  |
| I practiced an old hobby |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |