

Days of the week activities are set and can be reviewed

Sunday Schedule - You decide what you want to do on Sundays after you have done a session of worship to God, listened, watched or read a story from the Holy Book and learnt a memory verse.

HOW TO USE

Column 1

'Time' of the day tells you the start time for every activity. End time is set just for study time so you need to derive your durations for every other task. Do not forget to include breaks for every activity.

'Activity' tells you what to engage in at every point in the day

'Day of the week' - Depending on the day you start using this **SHINEON ACTIVITY PLAN**, insert the date and day in the **GREEN** coloured box and tick the empty box underneath the time after you finish each activity. You can go the extra length and write what you ate or did in the box. The brown coloured slot is for Sunday and the green for weekdays.

If followed for a whole day, this is what your sheet should look like

ACTIVITY	School Prep	School hours	Study/ homework time	Play	Dinner	Night Hygiene	Pray, Read a story	Bedtime
Monday 04/09/ 2023			Geometry	puzzles	Rice and chicken with dodo	Brush your teeth, bath.	Harry Potter	Sleep

ParentalPal has a gift for children who religiously followed and filled out the sheet. Please take pictures of your sheet and Art activity and send to us on whatsapp or tag us on instagram.

Column 2	School Prep	Set an alarm to wake yourself up, Read a chapter of your Holy Book and don't forget to talk to God about yourself, your family and the nation.
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Column 3	School Hours	Be attentive and take notes
Column 4	Study/home work time	Do assignments or pick from a list of your subjects in school per day, pick a book a day, read an article and answer questions from it, try writing compositions or essays.
Column 5	Play	Take fingerprints of each family member & decorate, Skip, hopscotch, puzzles, few word scrabble, build with bricks, ludo, chess, play station. You may look up games on the internet to play
Column 6	Dinner	Yummy! Get in the kitchen and make dinner with mum.
Column 7	Night Hygiene	Brush your teeth and bath
Column 8	Pray, Read a story	Pray and Read Something informative and educational
Column 9	Bedtime	

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