**MONDAY**

Task: Create a designated workspace.

Why? Having a designated workspace signals to your brain that it is time to work on assignments and then time to end schoolwork when you leave this area.

How? Find a space in your house that can be your workspace. This does not have to be an entire room; this can be an area of a room where your materials are placed and/or stay. Try to refrain from using your bed as this may interfere with your ability to fall asleep at night.

**TUESDAY**

Task: Set daily goals.

Why? Setting a goal gives you something to work towards and a sense of accomplishment when you’ve achieved it.

How? Make a SMART goal. (Specific, Measurable, Attainable, Relevant and Time-Based.) How much time will you work on each subject? What time will you start working on math? What do you want to have finished by the end of the week?

**WEDNESDAY**

Task: Get outside!

Why? Studies have shown numerous benefits to being outside and in nature.

How? Plan a study break and go for a walk every single day. See if you notice any benefits!!!

**THURSDAY**

Task: Try a New Workout

Why? Working out for as little as 30 minutes a day my lead to a healthier state of mind. (I know it does for me!)

How? Set aside thirty minutes in your day to workout. Right now, several workout facilities are posting FREE workouts online. Some of my favourite workouts that are currently offering free sessions online are; @fitclub ([www.fitclub.ca](http://www.fitclub.ca)) @myfituals ([www.thefituals.com](http://www.thefituals.com)) @yogabarre ([www.theyogabarrewpg.com](http://www.theyogabarrewpg.com)) If you’ve always wanted to try a class, now is your chance!

**FRIDAY**

Task: Reach out to a friend Why? We all need little TLC right now. How? Phone Call, text message, or social media